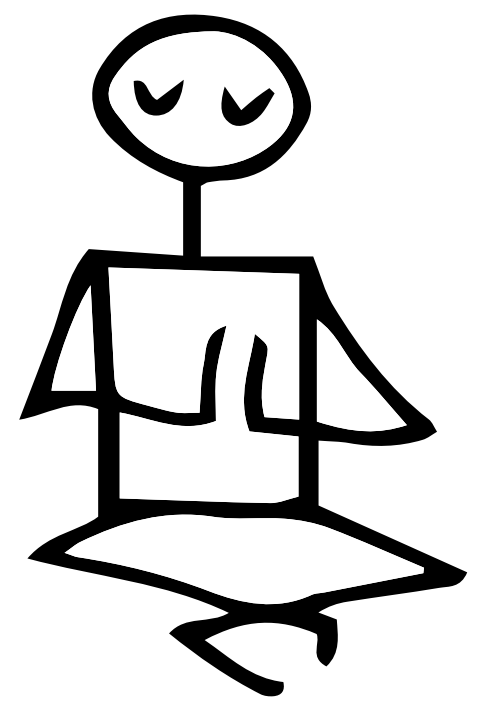
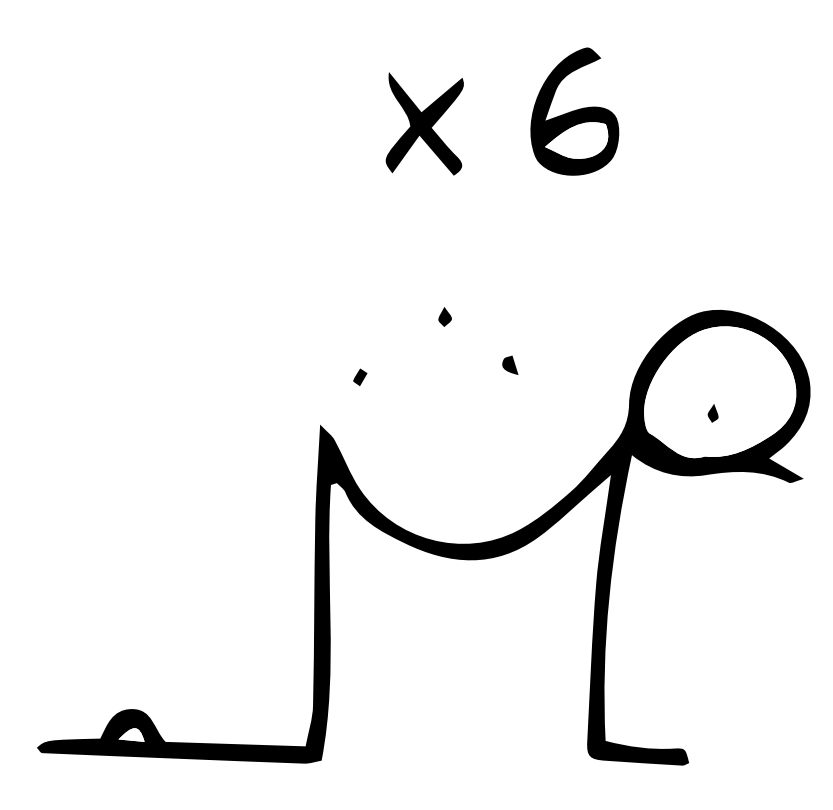

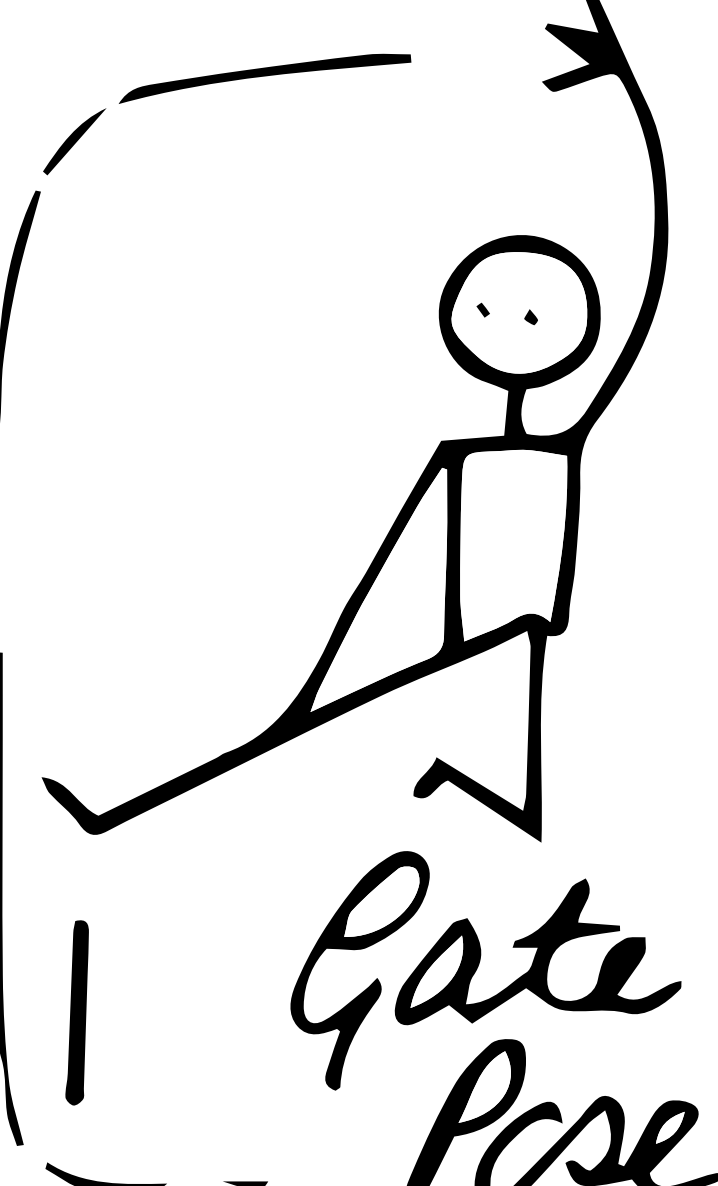
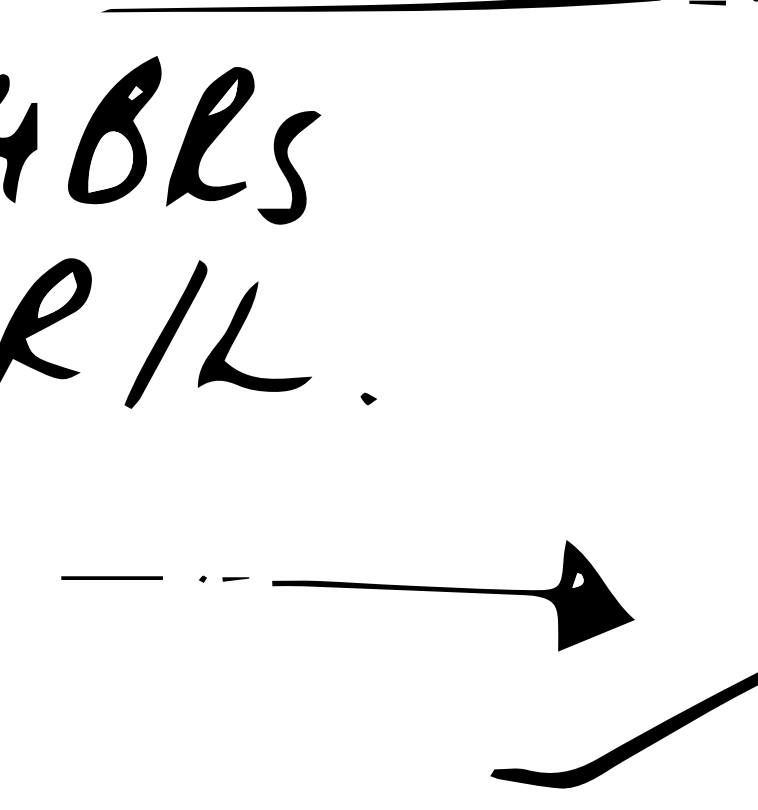
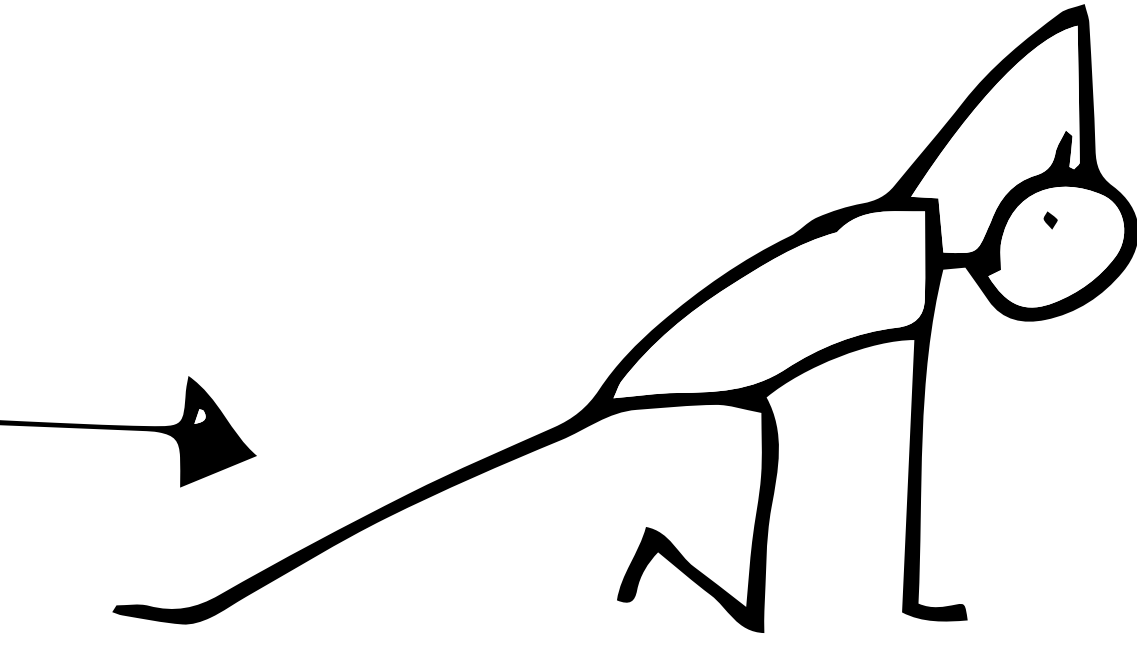
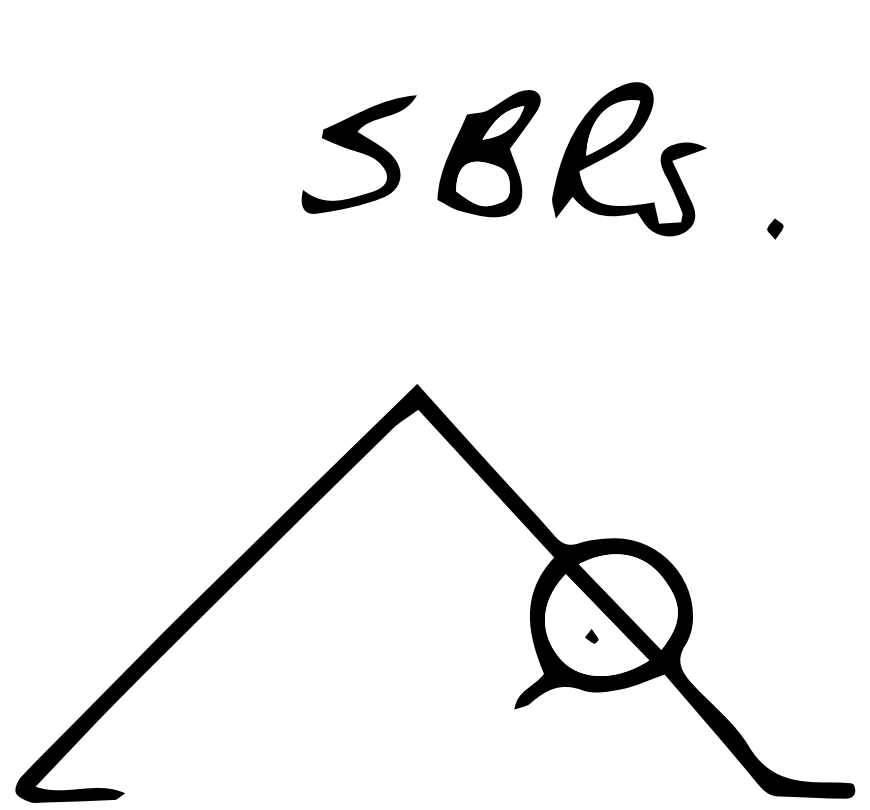
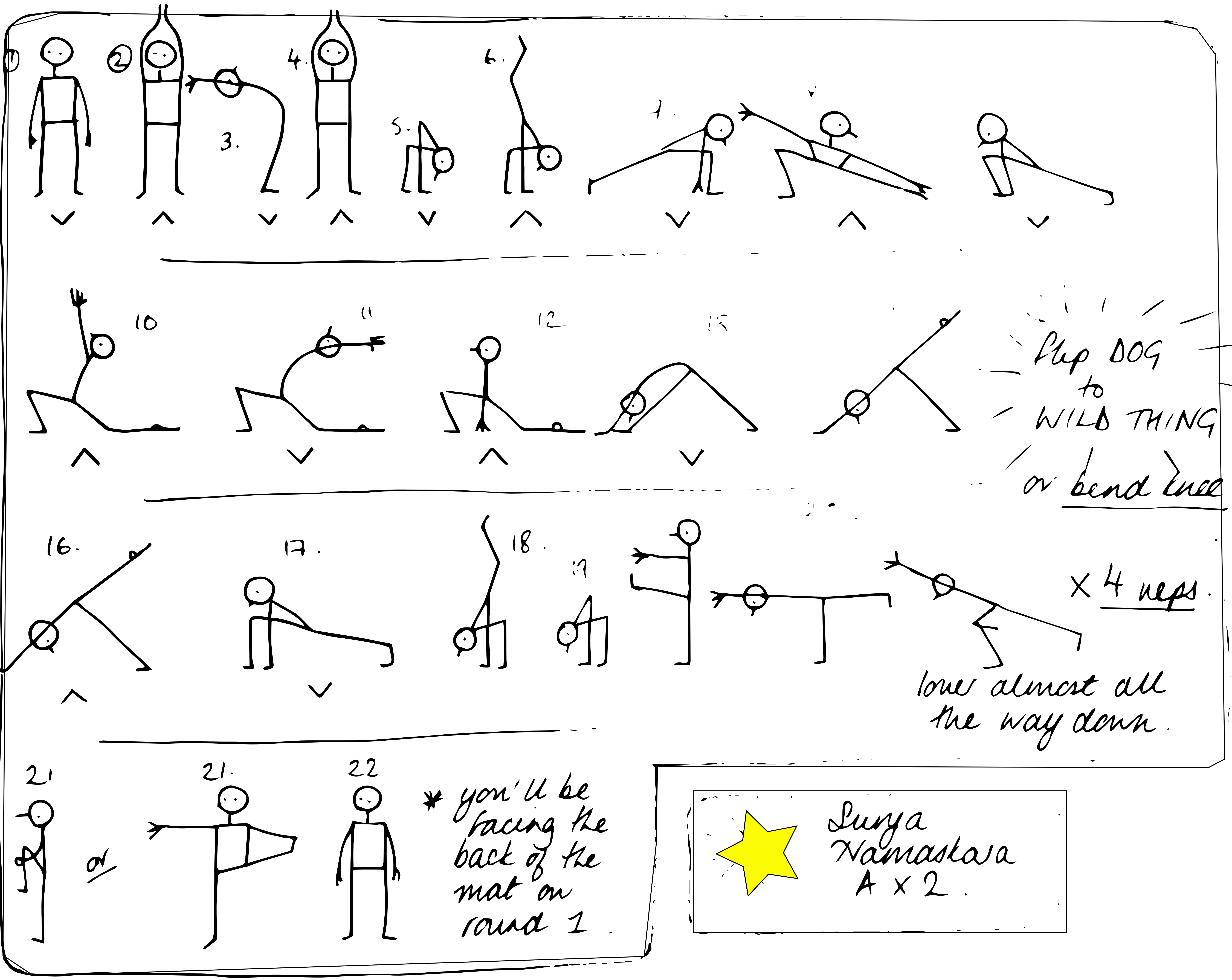
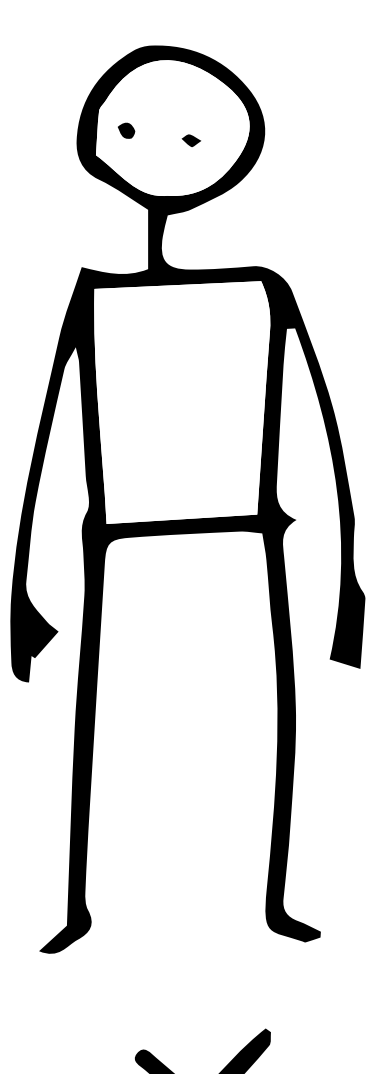
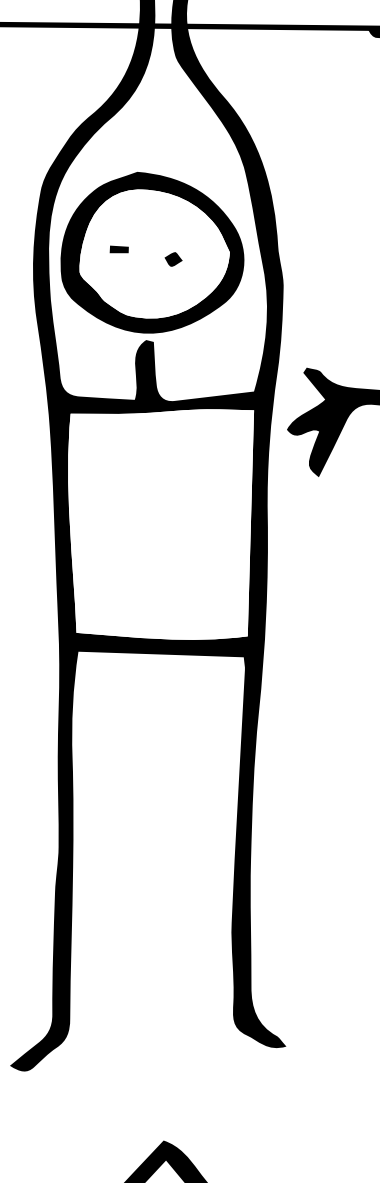
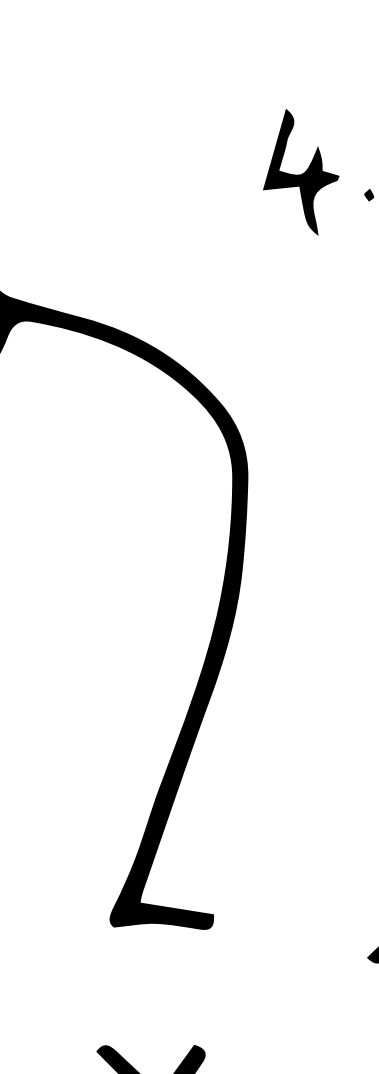
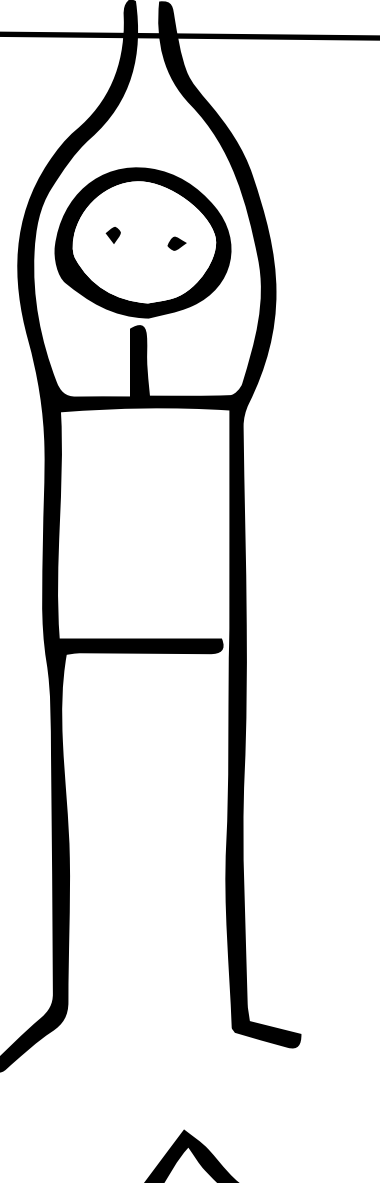
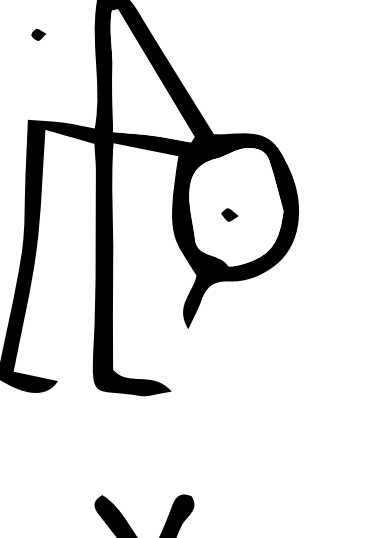
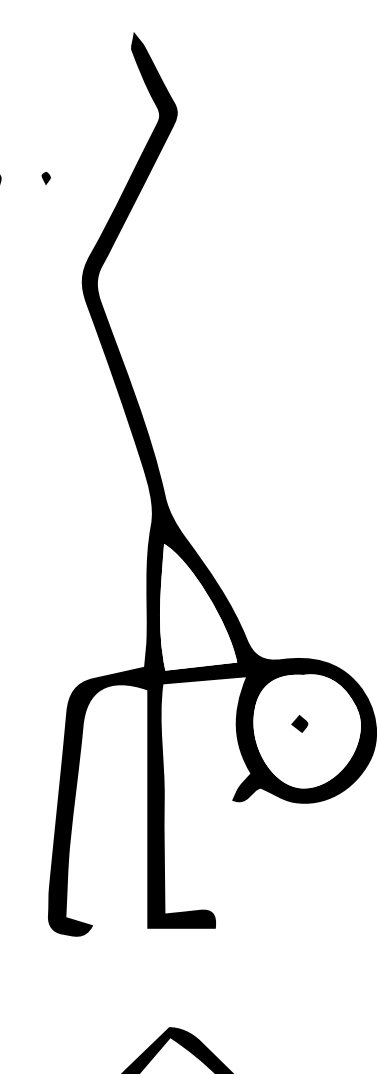
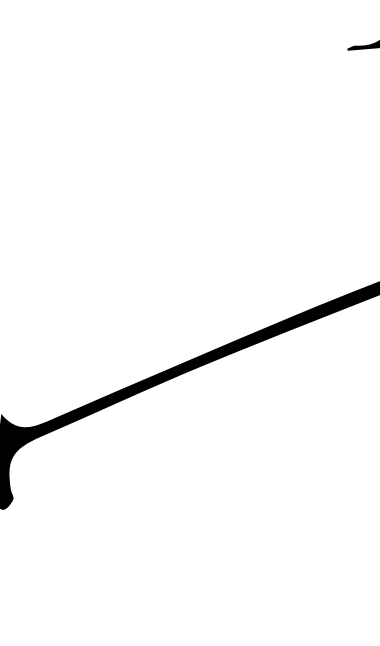

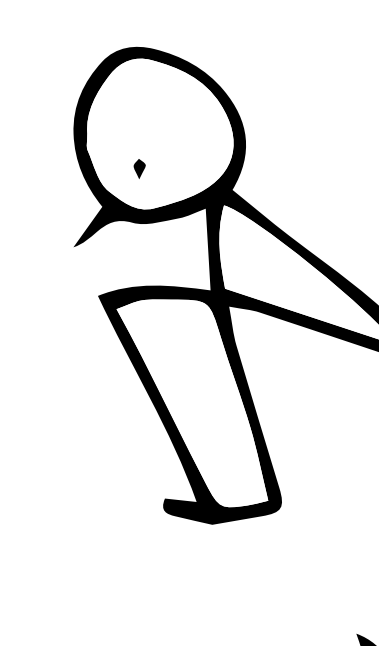
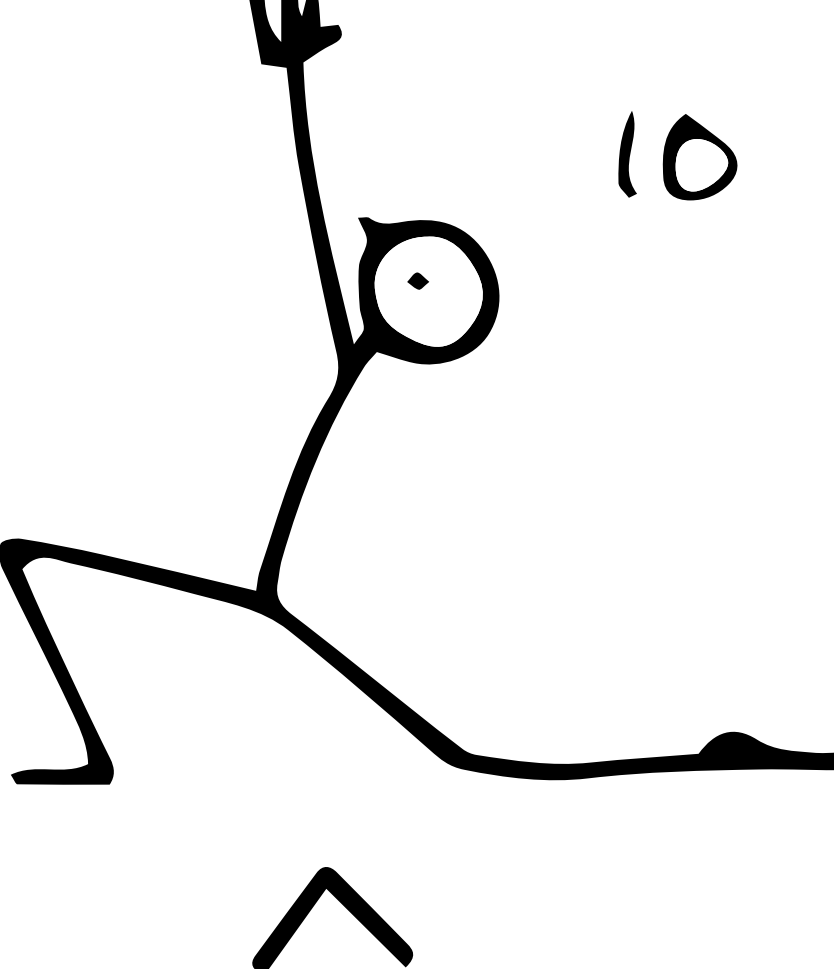
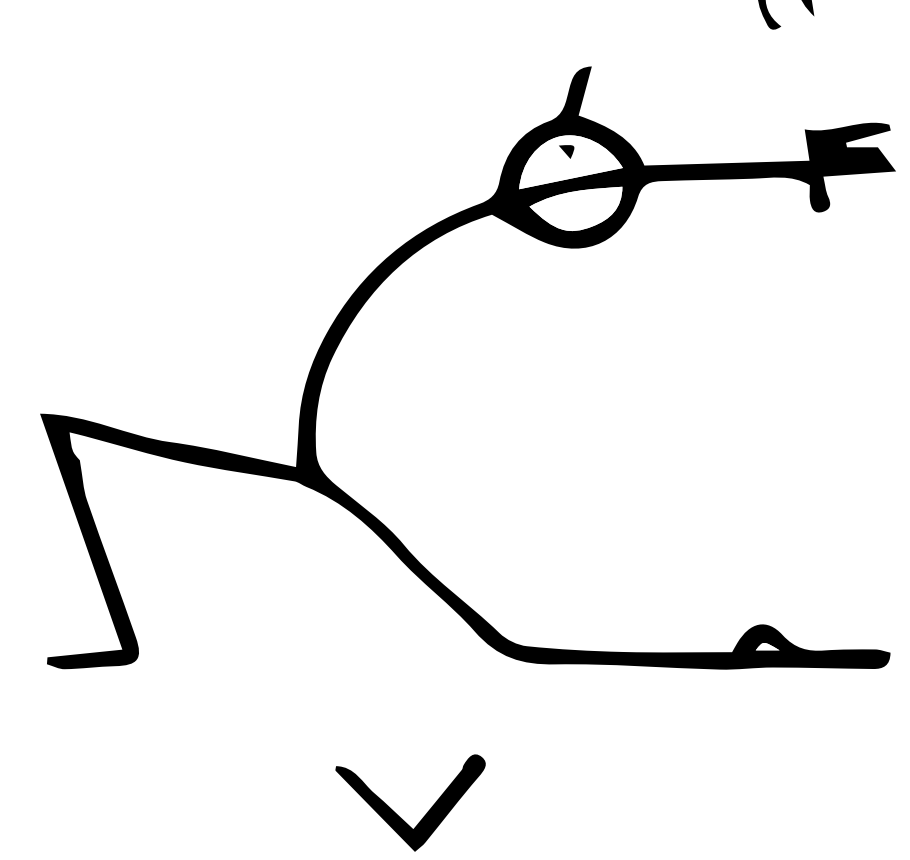
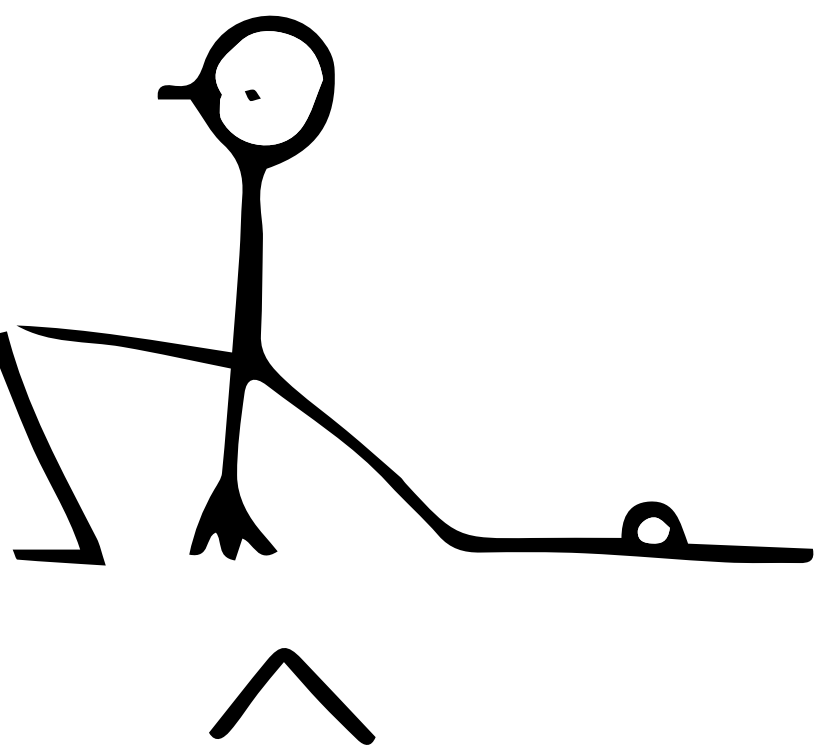
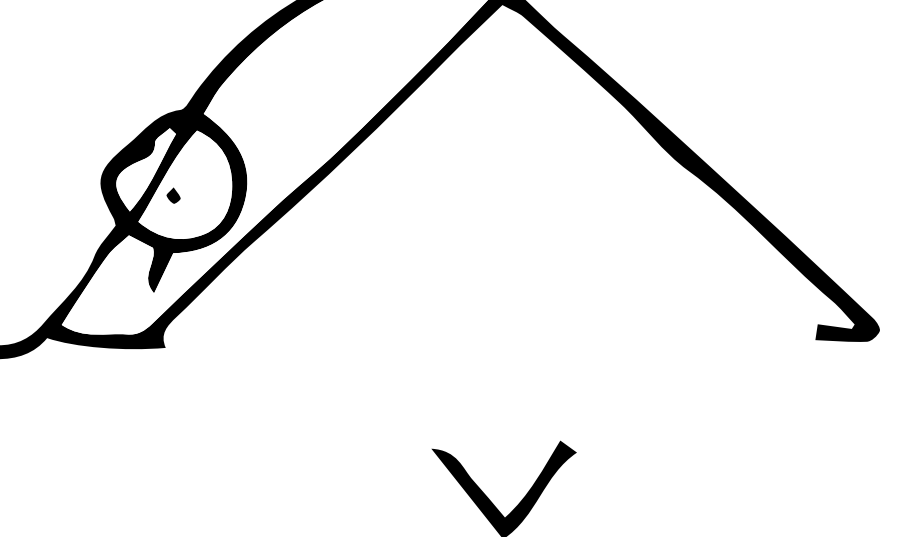
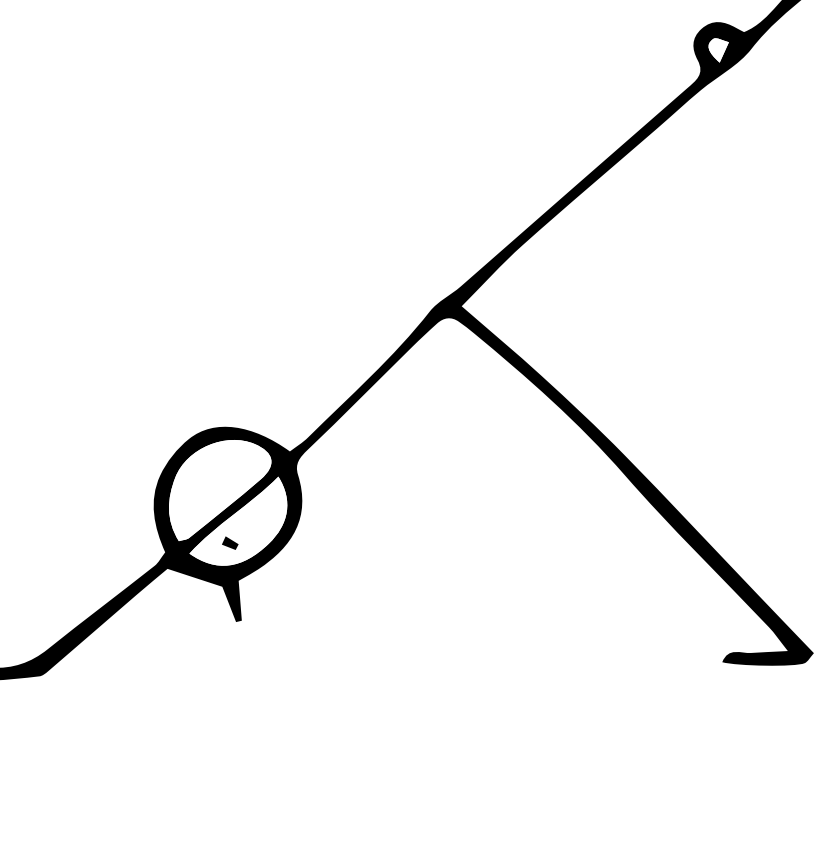
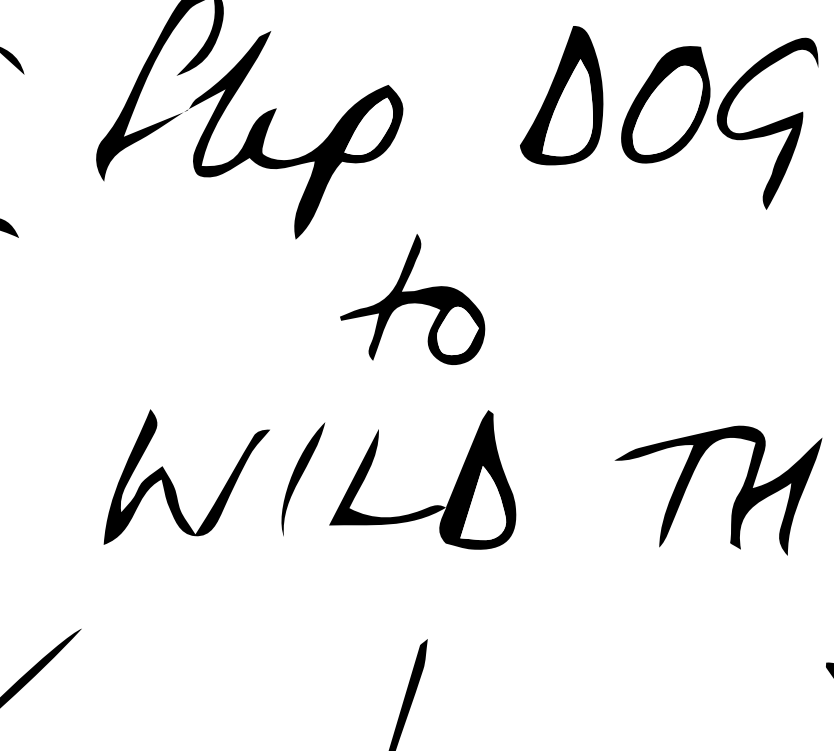
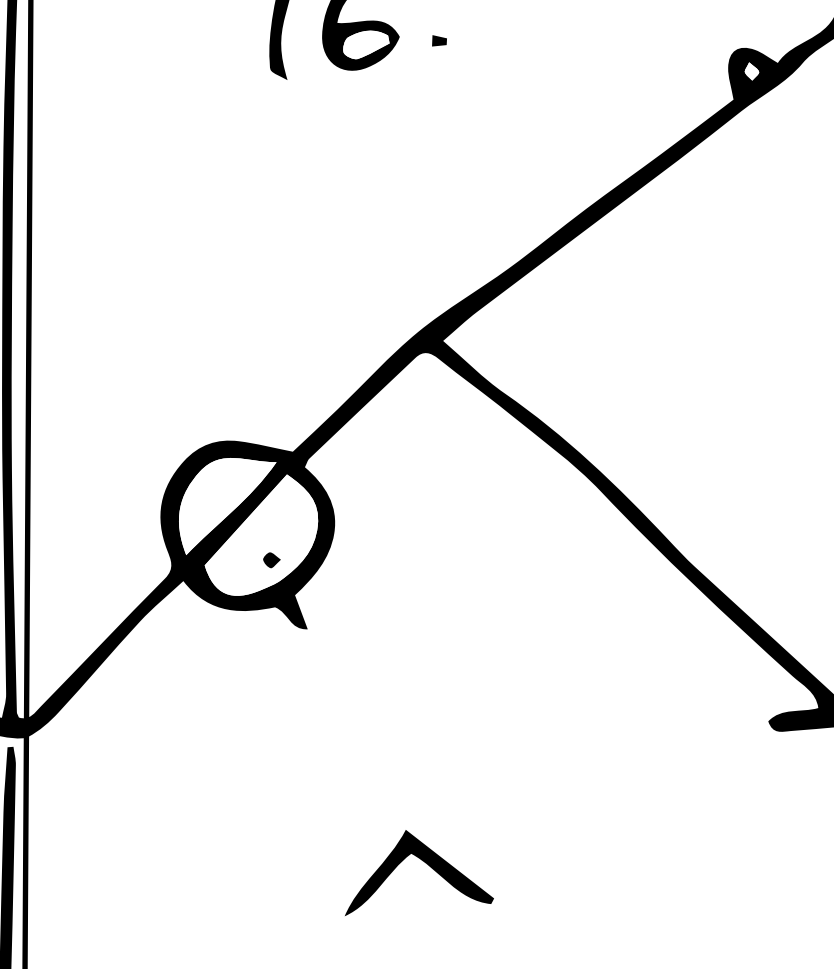
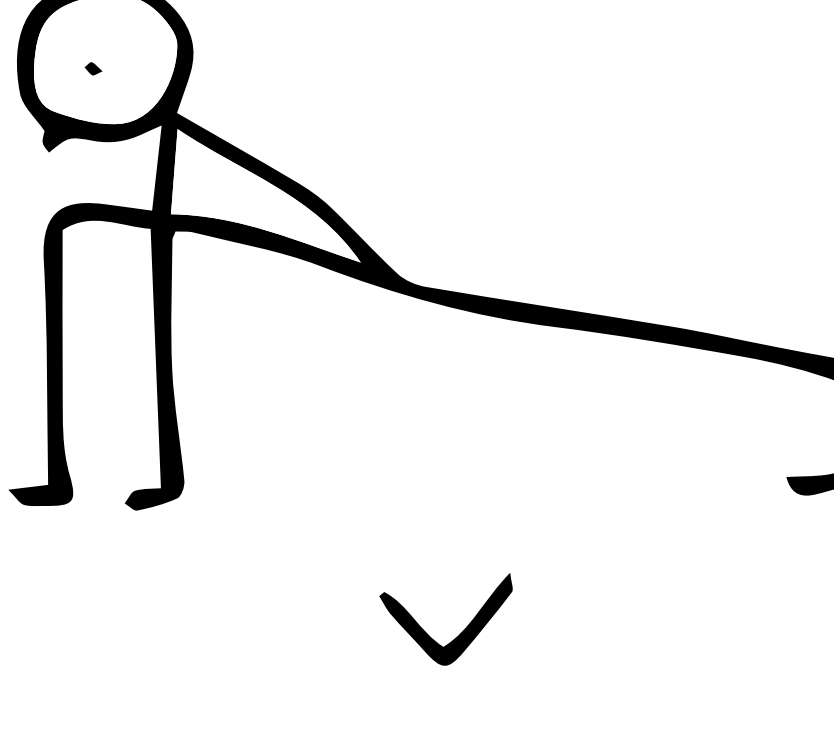
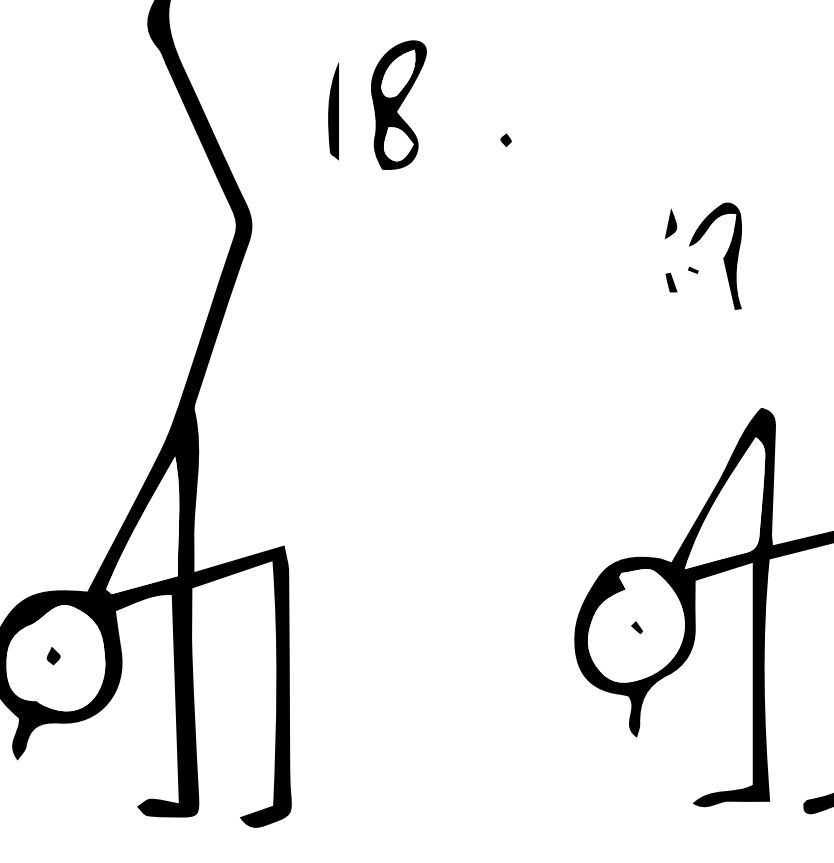
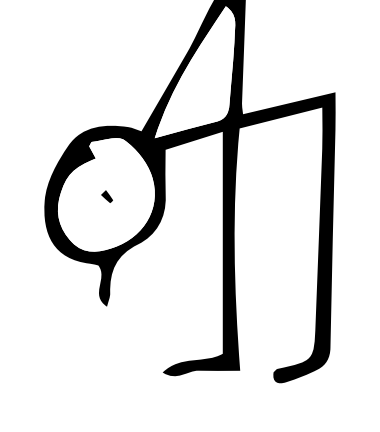
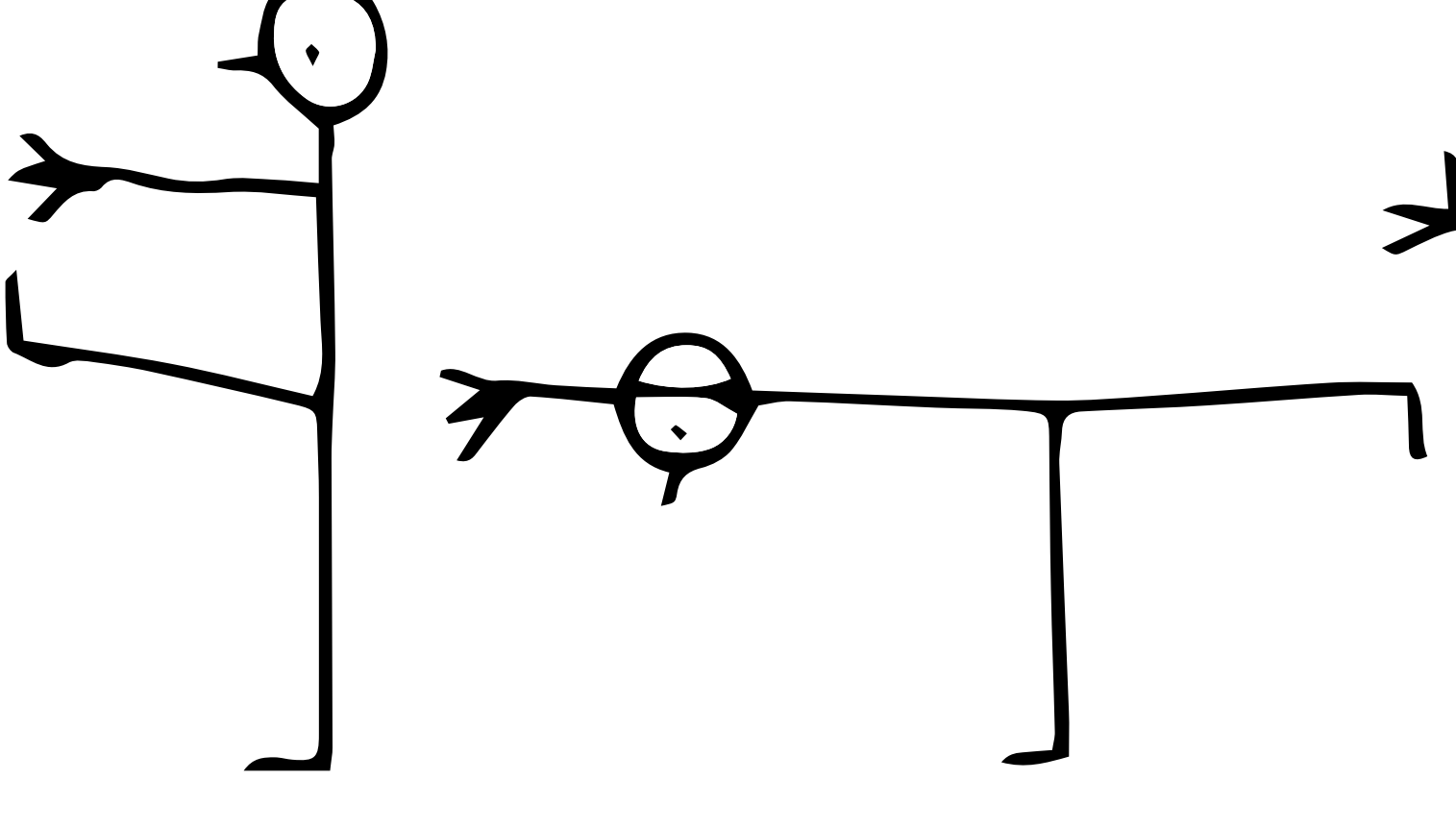




ENERGISING FLOW : 60 MINS
Intermediate


 Set Intention  x 6  3BRs Antward toes.  Gate Pose  4BRs R/L.  Repeat (L)  5BRs.

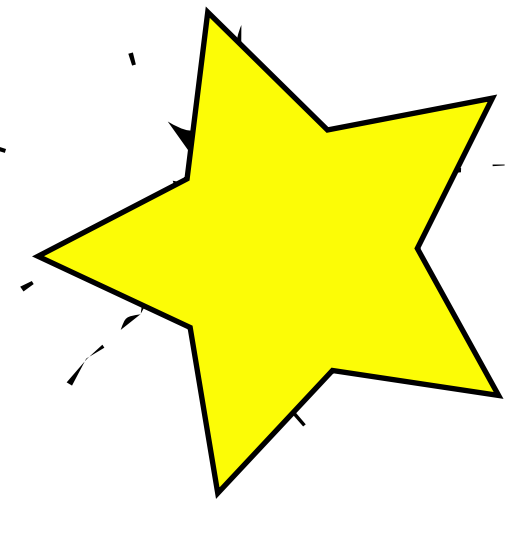


1. Standing  ✓
 2. Standing with arms raised  ^
 3. Standing with arms raised and one leg lifted  ✓
 4. Standing with arms raised  ^
 5. Standing with arms raised and one leg lifted  ✓
 6. Standing with arms raised  ^
 7. Standing with arms raised  ✓
 8. Standing with arms raised  ^
 9. Standing with arms raised  ✓
 10. Dog pose  ^
 11. Dog pose  ✓
 12. Dog pose  ^
 13. Dog pose  ✓
 14. Dog pose  ^
 15. Dog pose  ✓
 16. Dog pose  ^
 17. Dog pose  ✓
 18. Dog pose  ^
 19. Dog pose  ✓
 20. Dog pose  ^
 21. Dog pose  ^
 22. Dog pose  ^

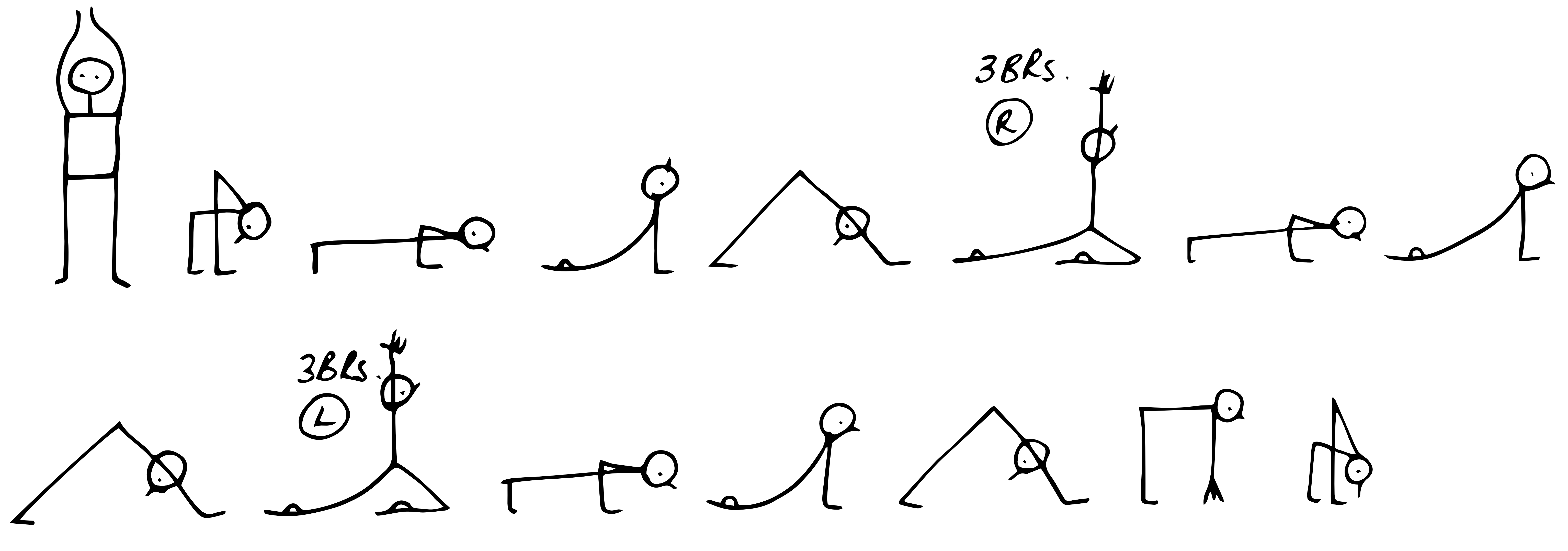
* you'll be facing the back of the mat on round 1.

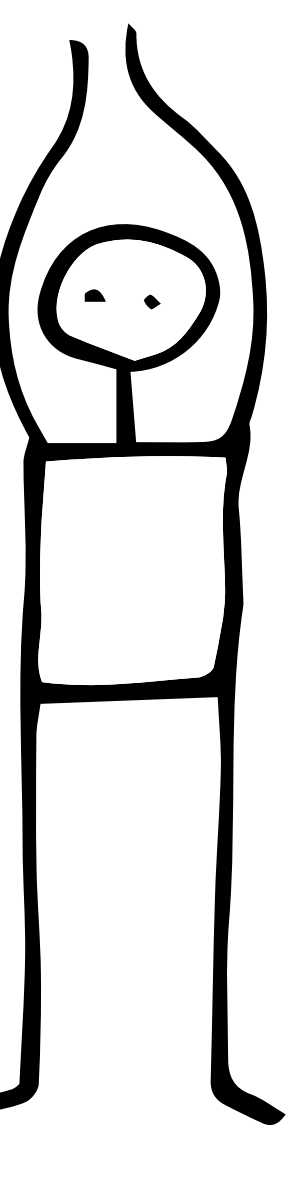
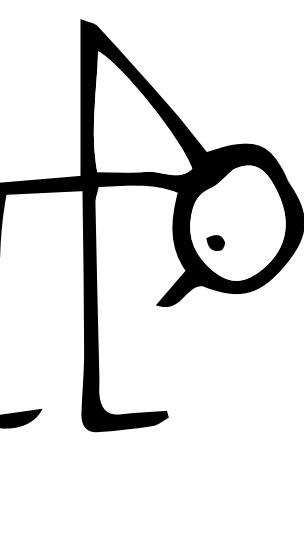
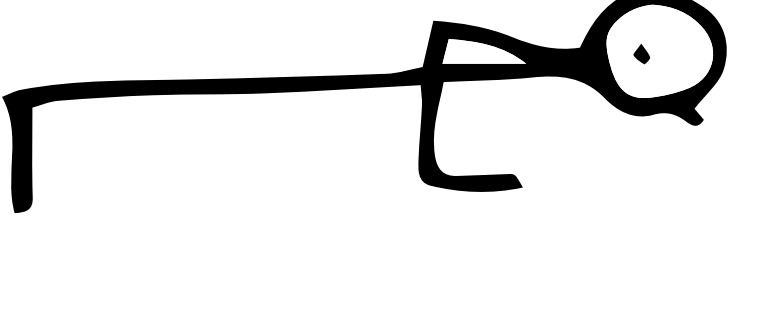
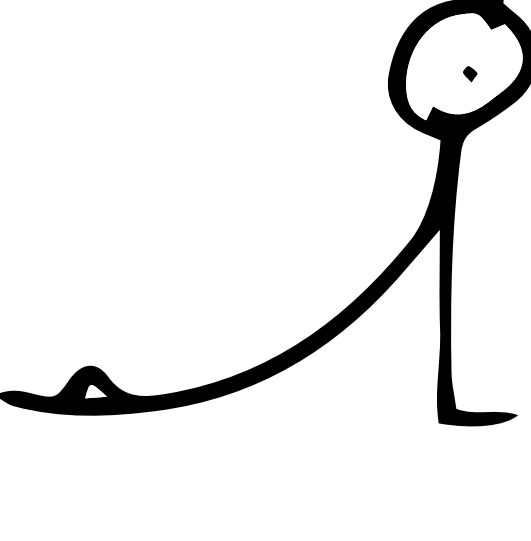
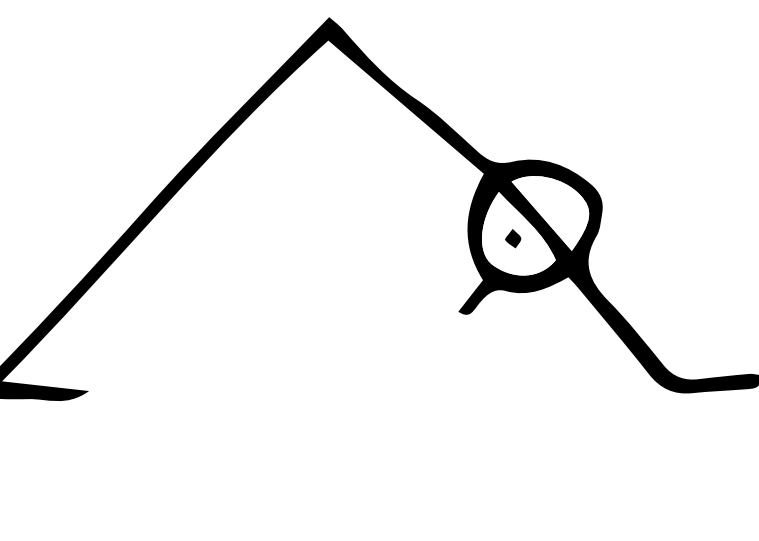
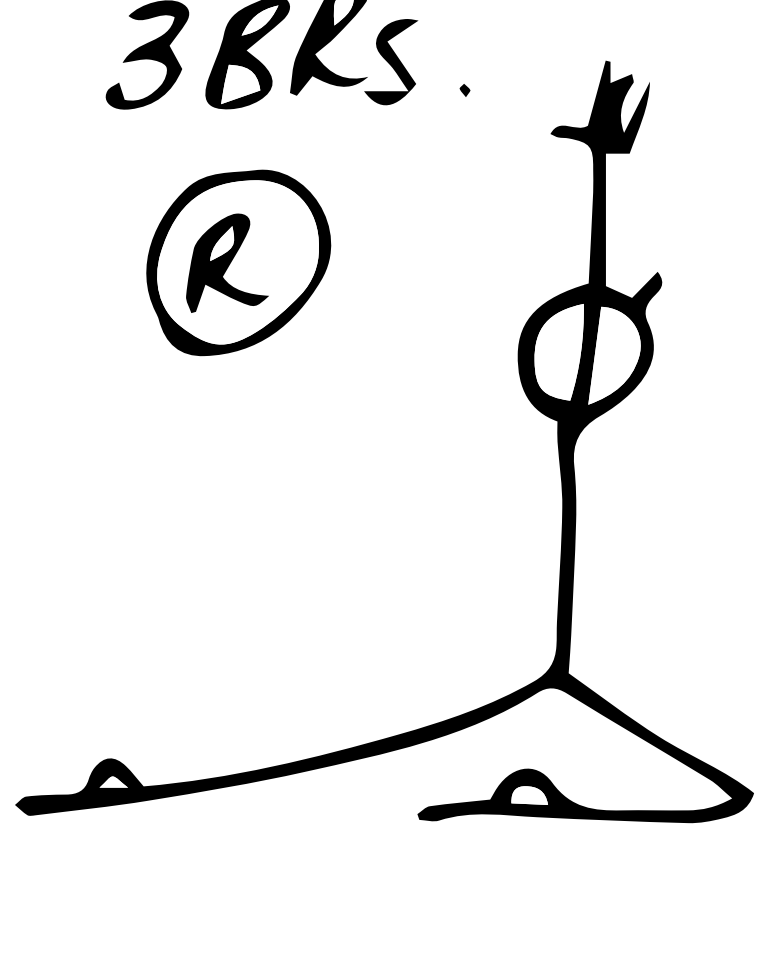
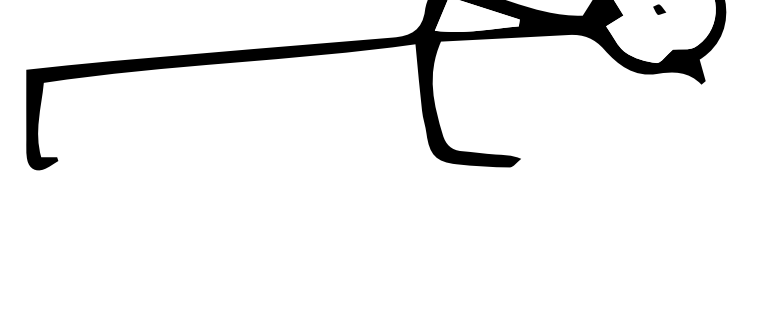
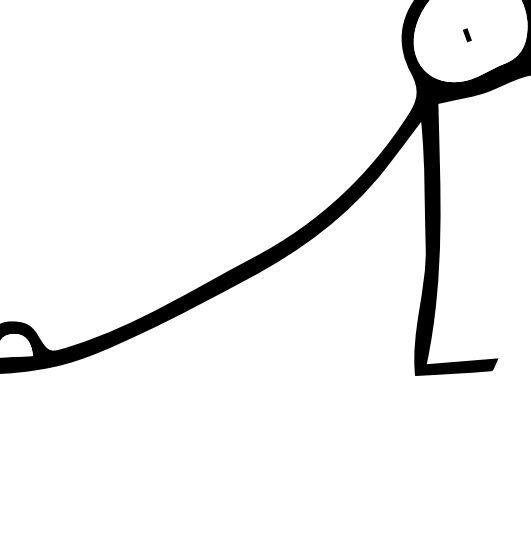
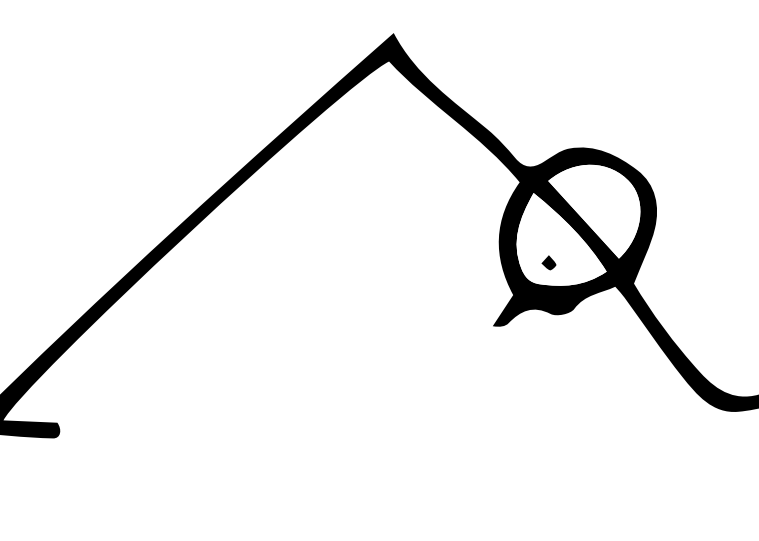
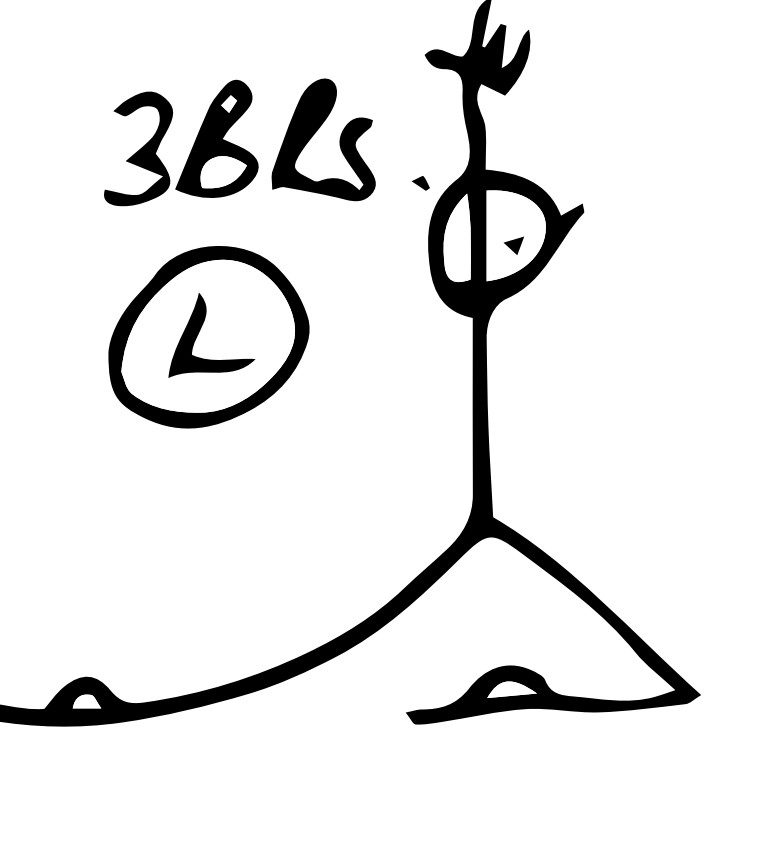
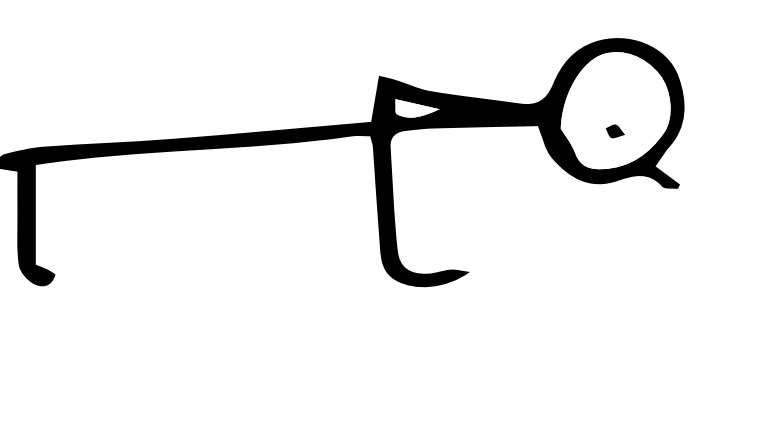
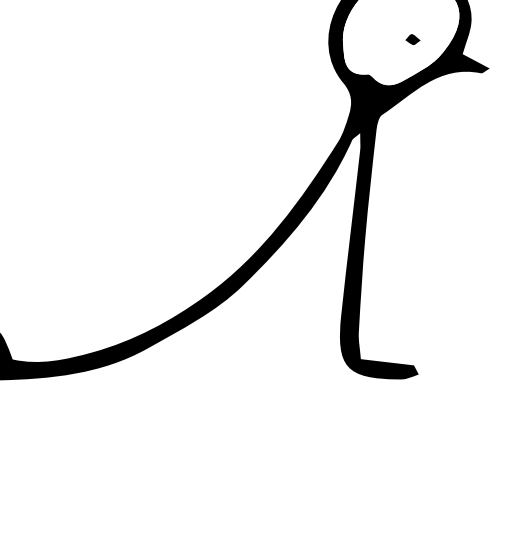
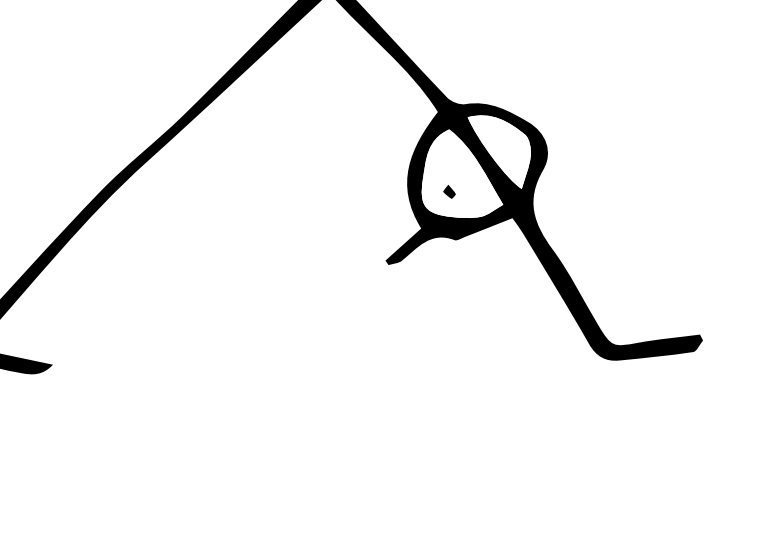
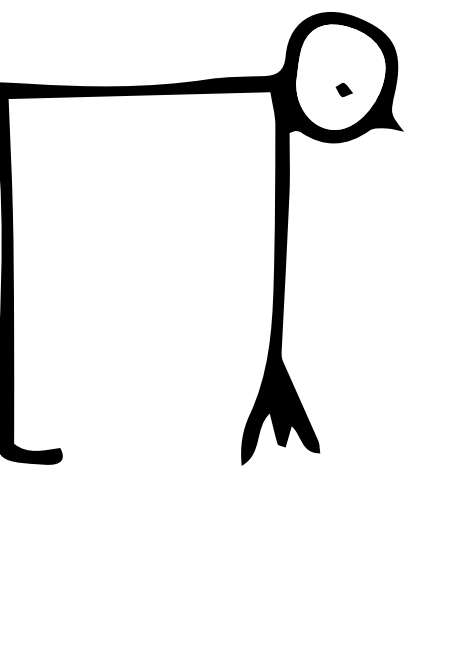
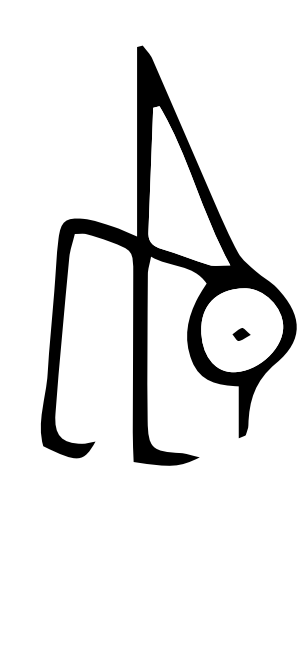
Pup DOG to WILD THING or bend knee.

x 4 reps. lower almost all the way down.

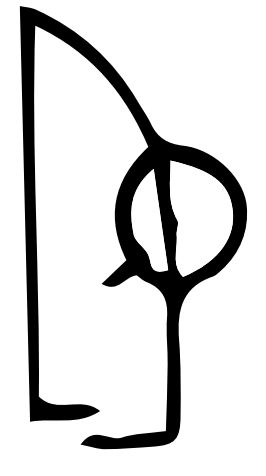


Surya Namaskara A x 2.



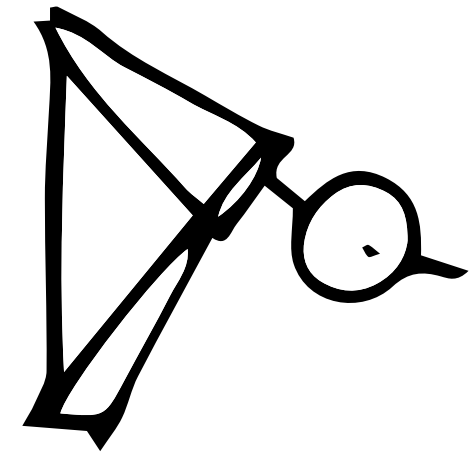





 3BRs (R)



 3BRs (L)






5BRs.

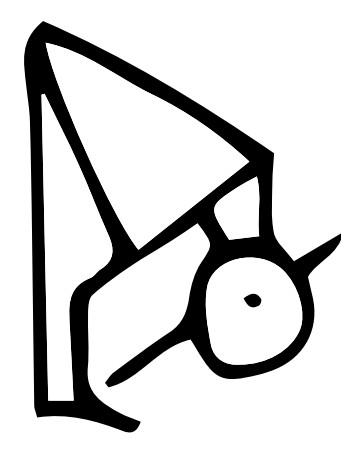


Repeat (2)

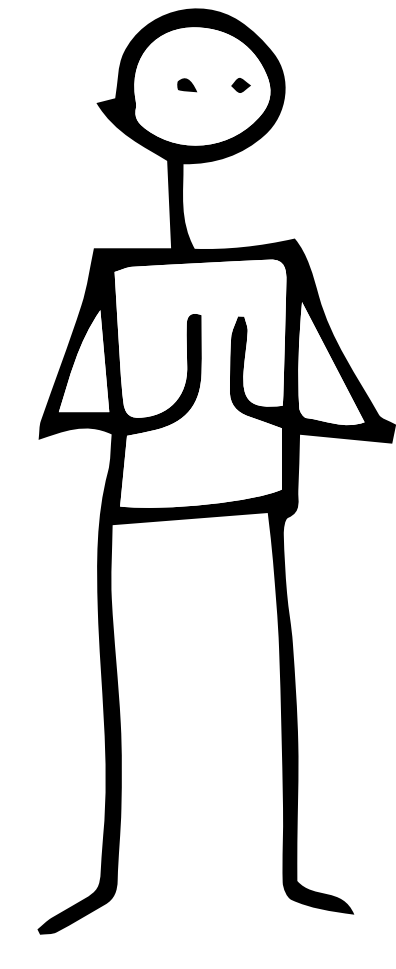
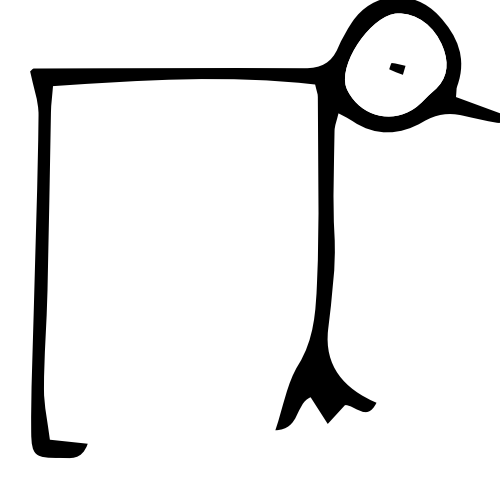
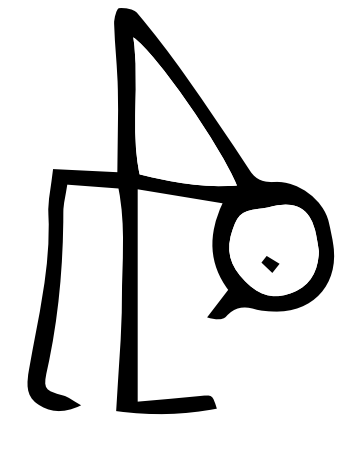
1BR



5BRs.



Twist

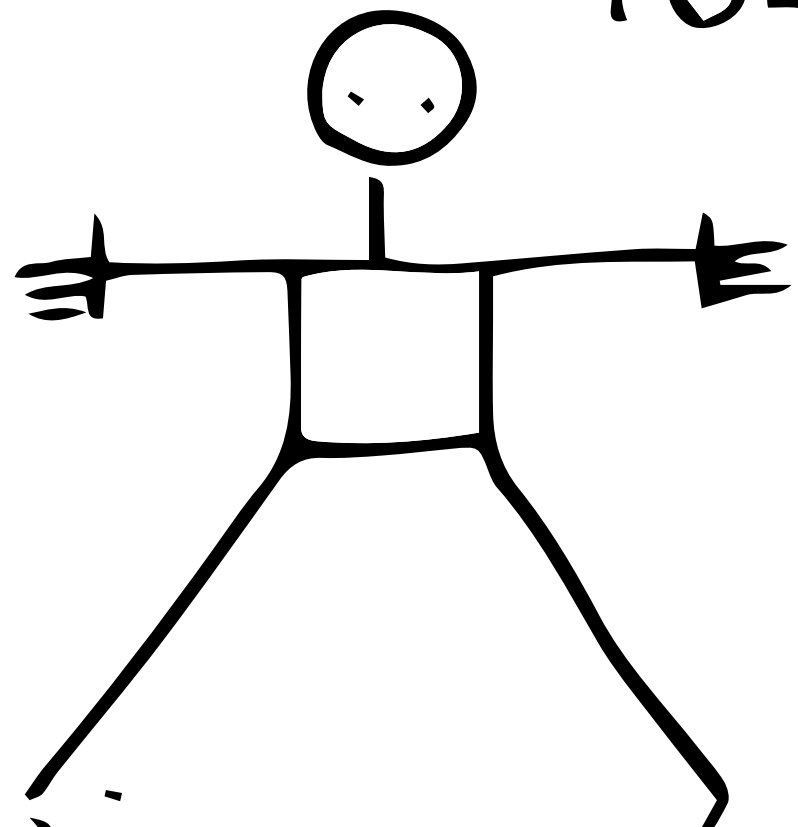
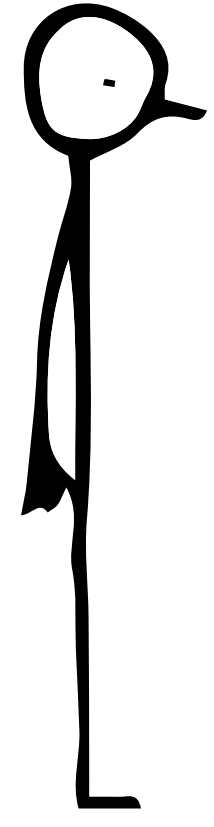


Place hands under feet.

Cross arms.

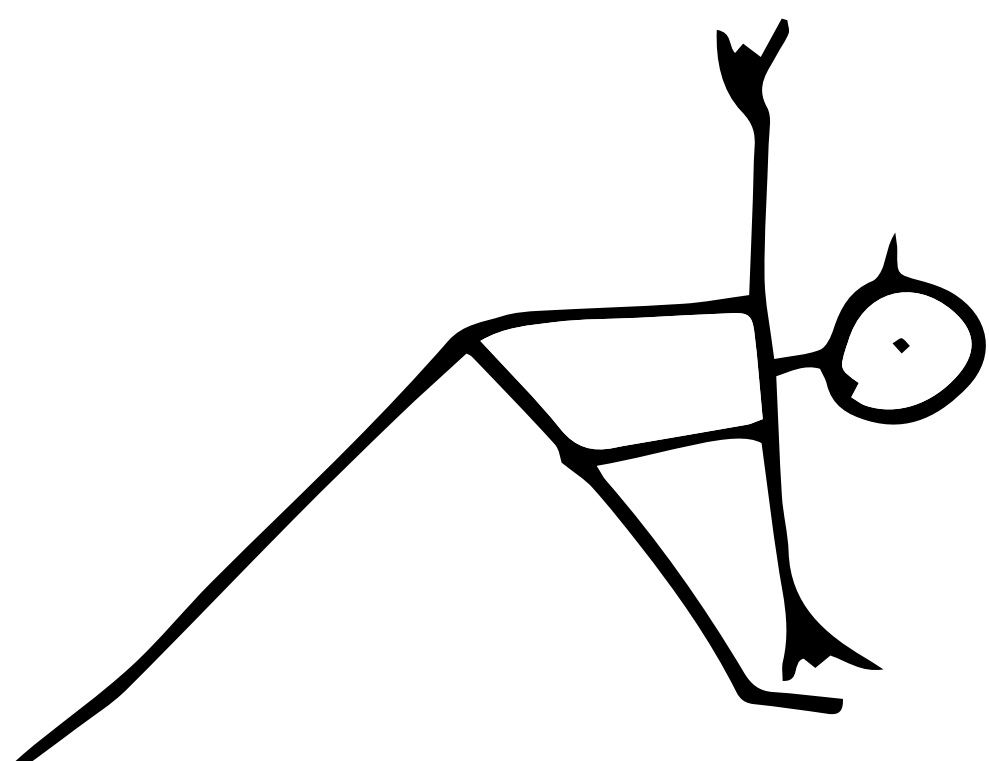
FLYING WARRIOR

1BR.

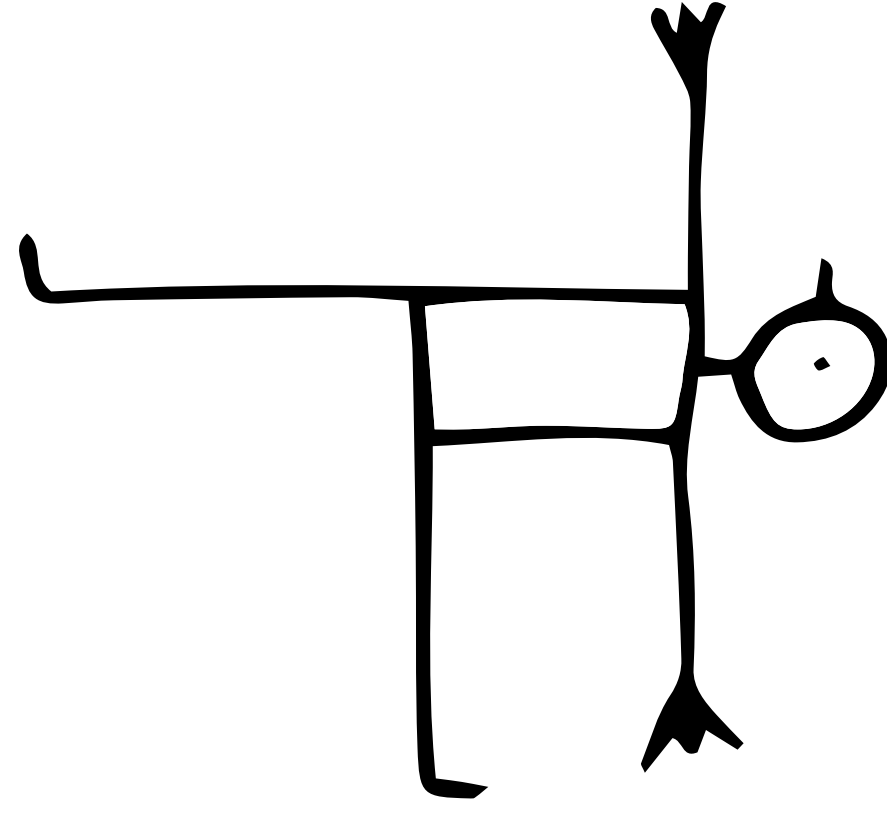


Step wide.

4BRs.

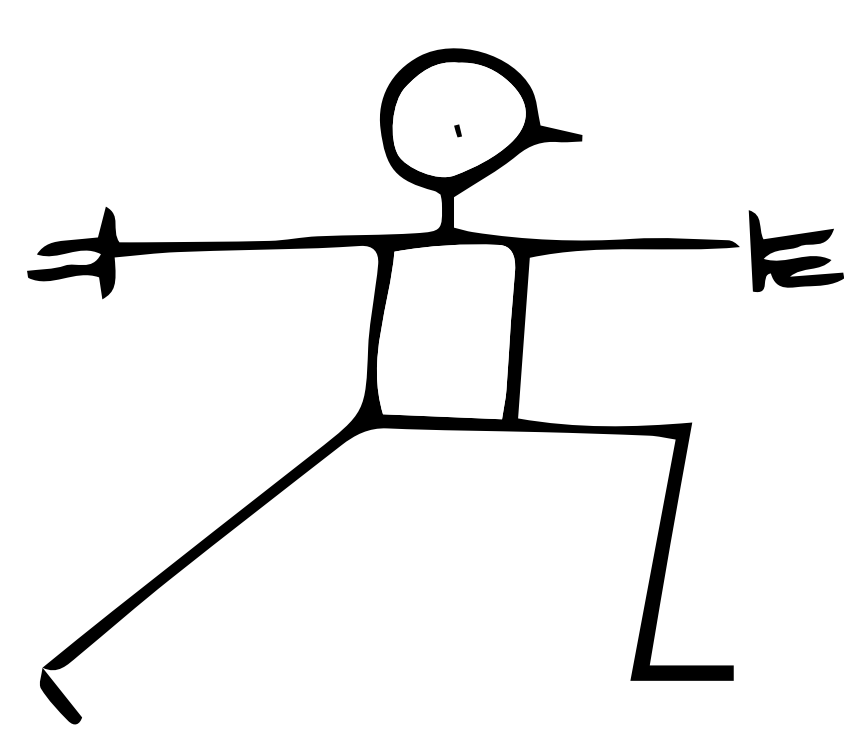


4BRs



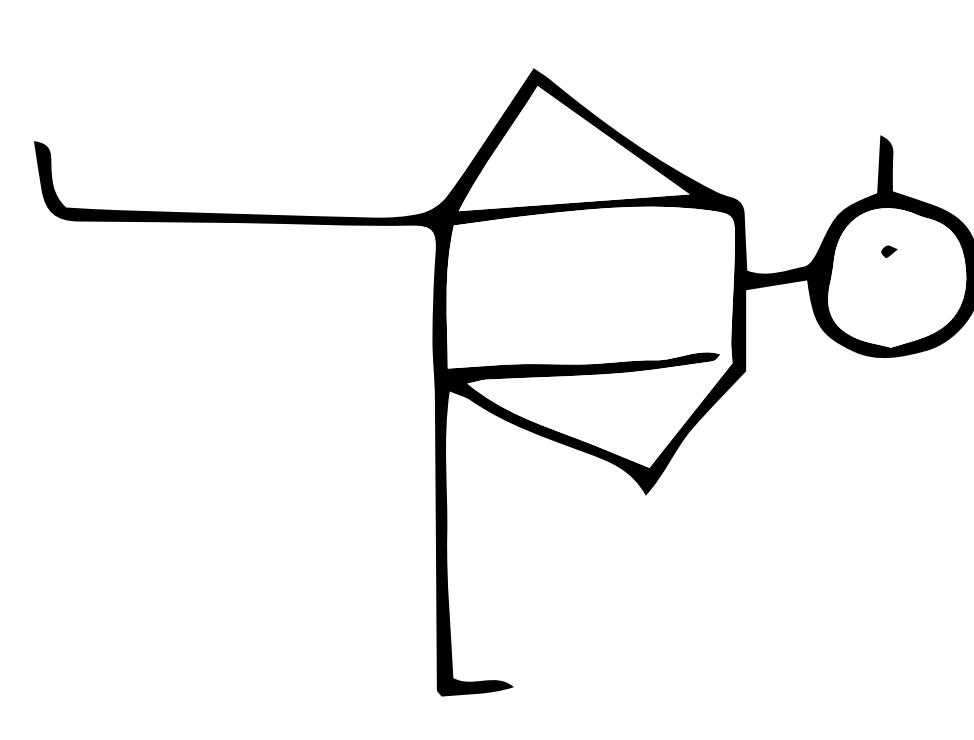
Half Moon.

4BRs.

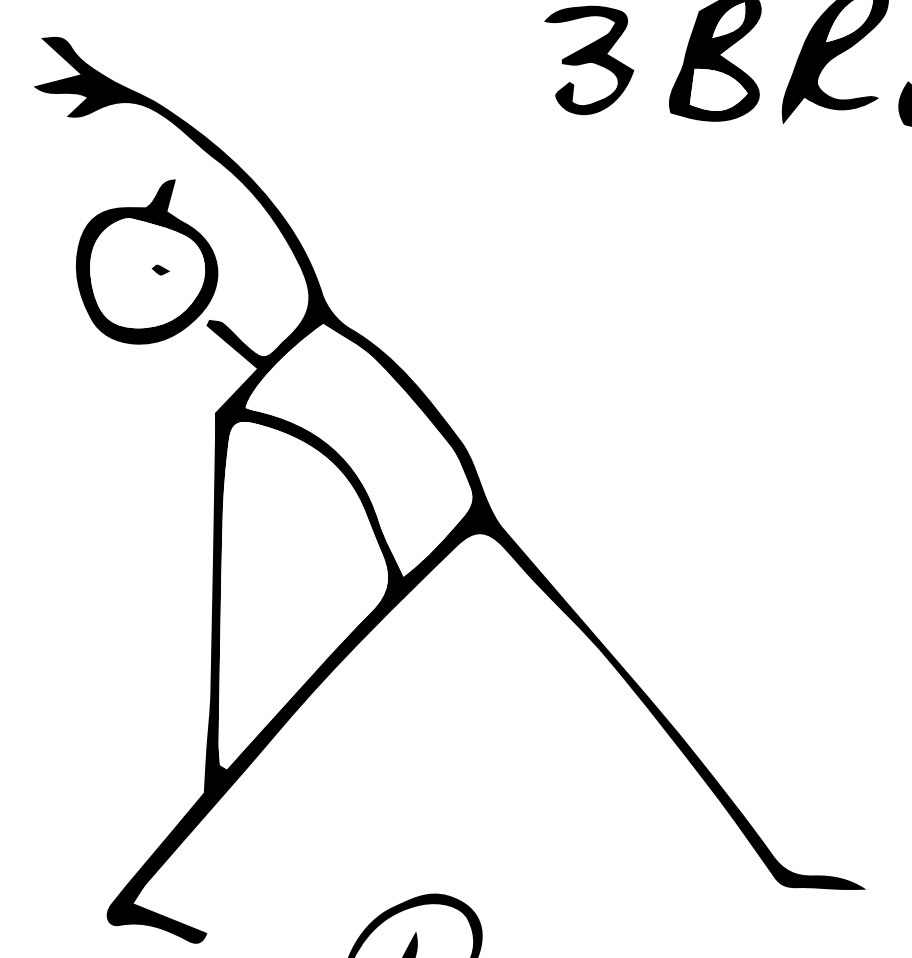


VBII

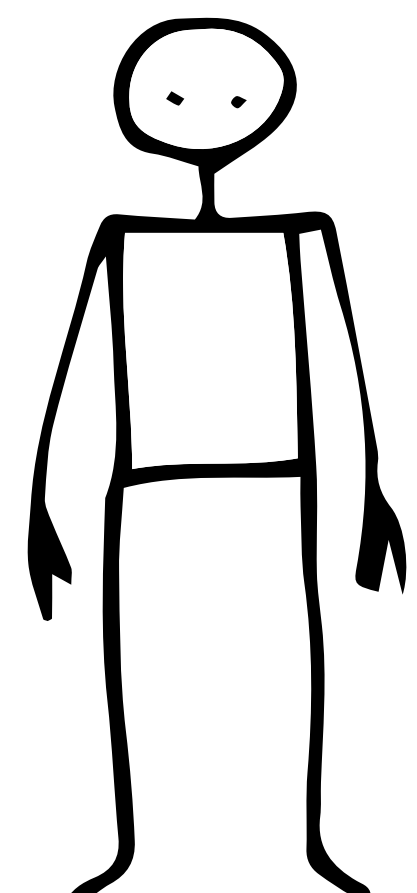
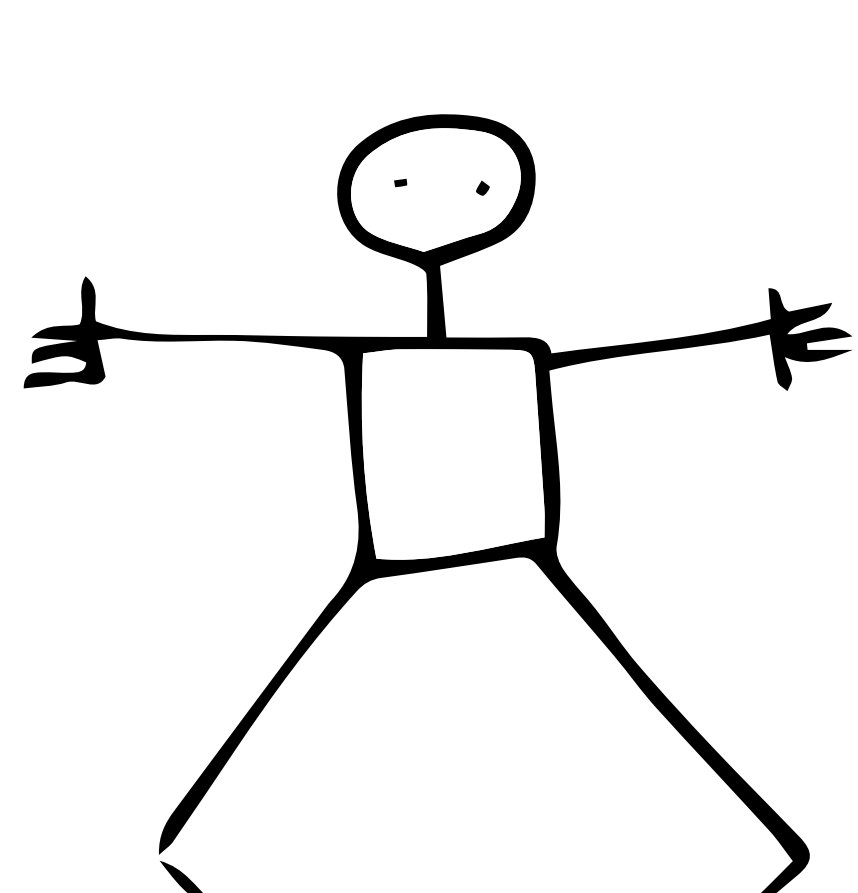
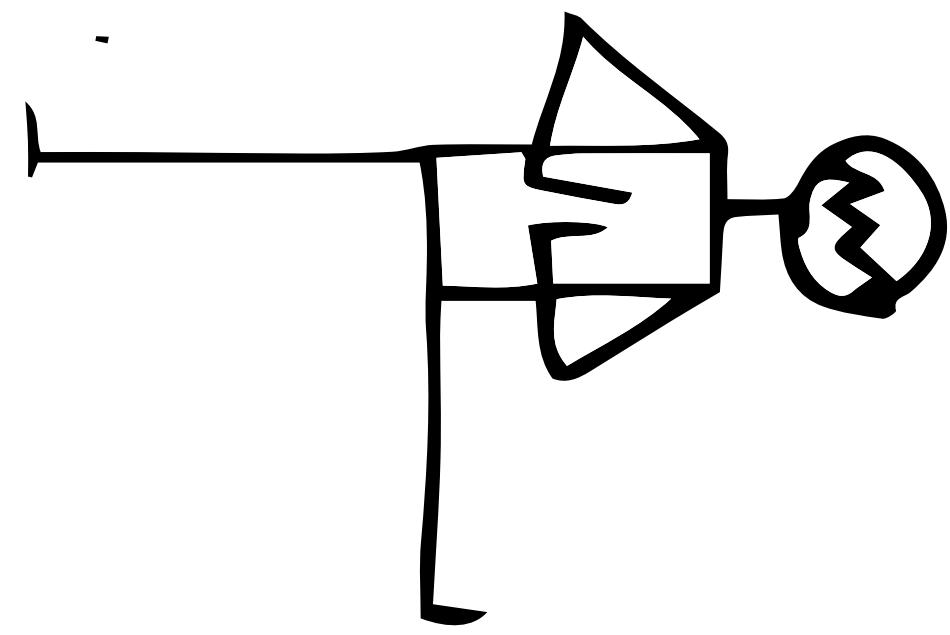
4BRs.



3BRs.



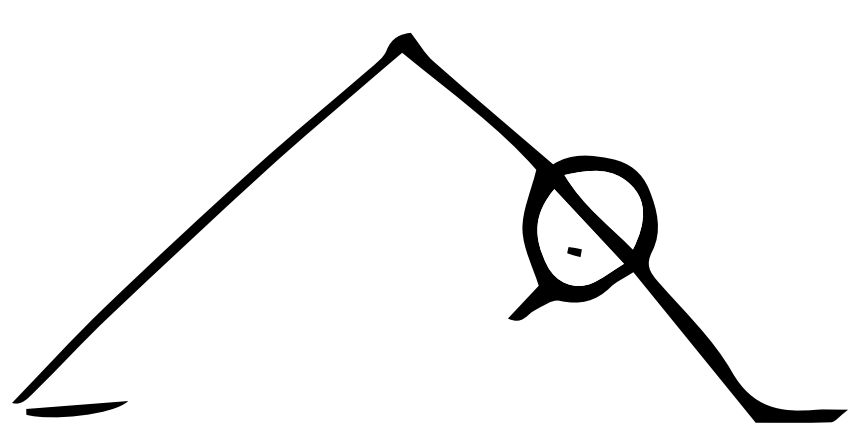
Reverse Warrior.



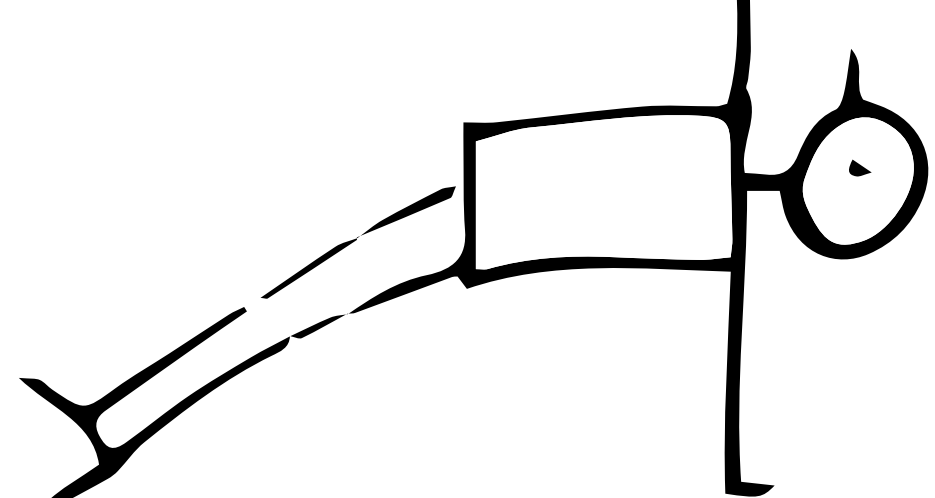
Repeat left side

+ Vinyasa

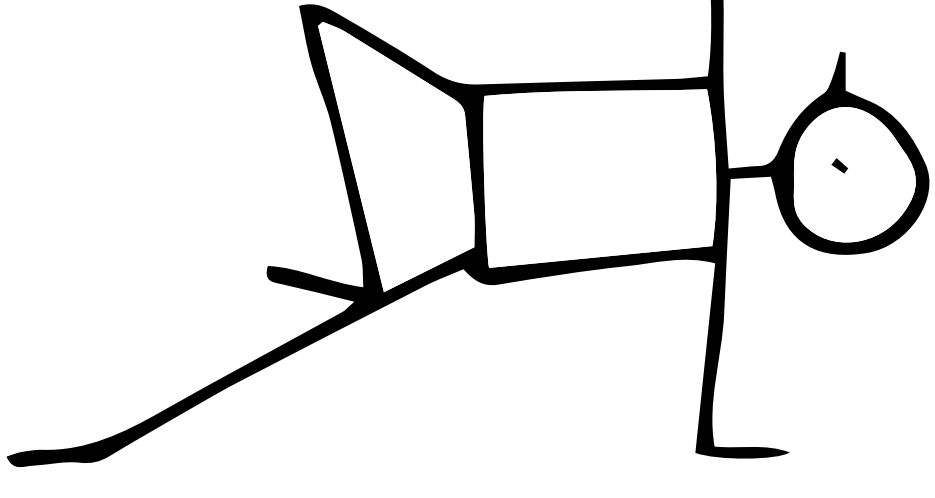
4BRs.



3BRs



+ 3BRs.

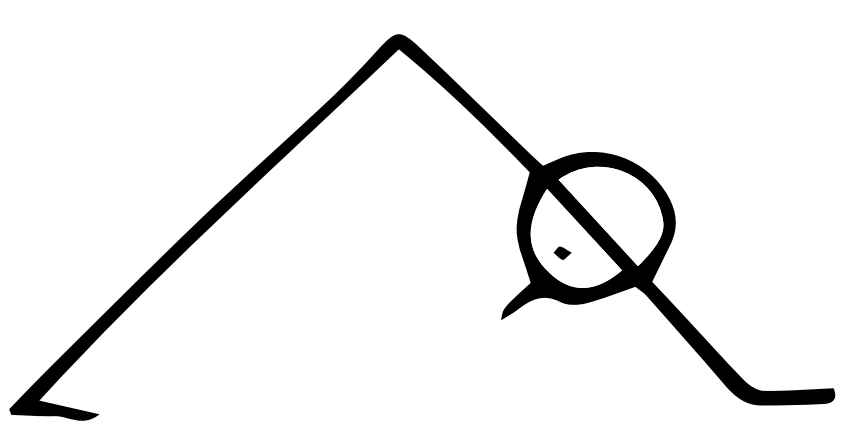


Ardha Vanistasana

Repeat left side

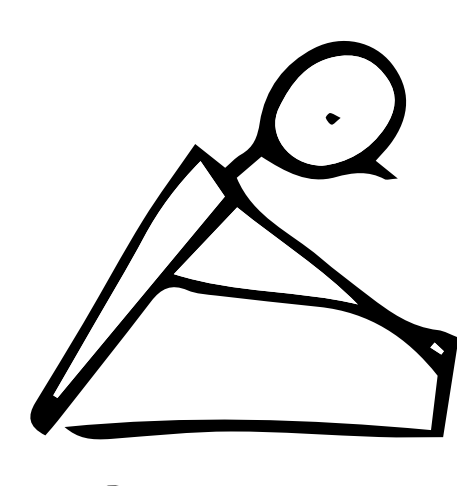
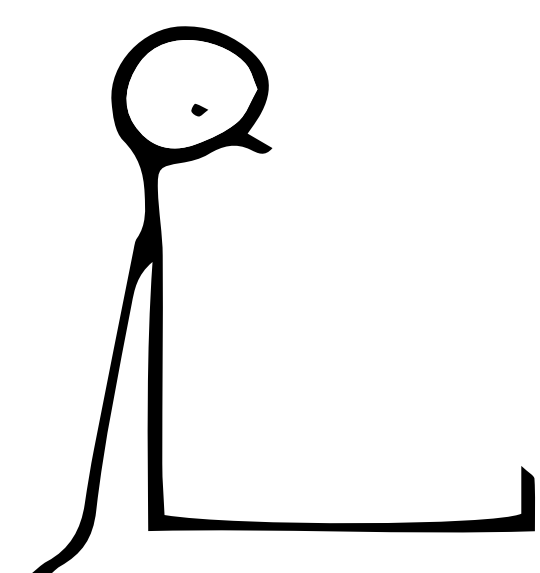
+ Vinyasa

Repeat left side



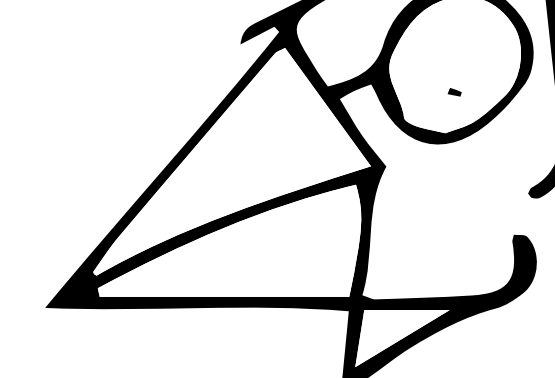
Jump to sit

Urdhva Dhanurasana prep.

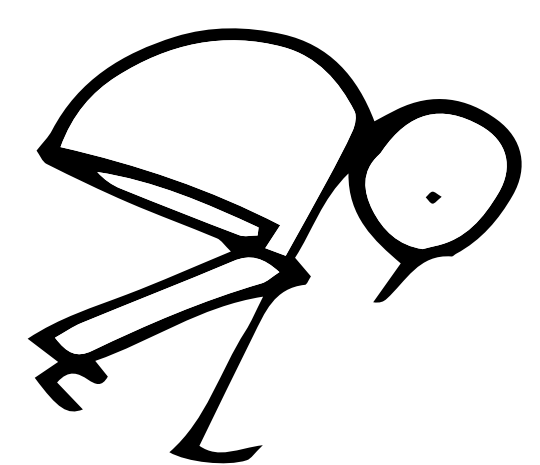


Cross arms.

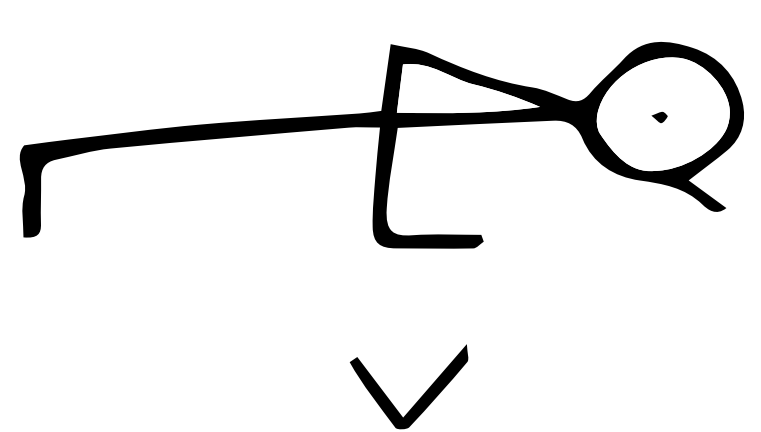
5BRs.



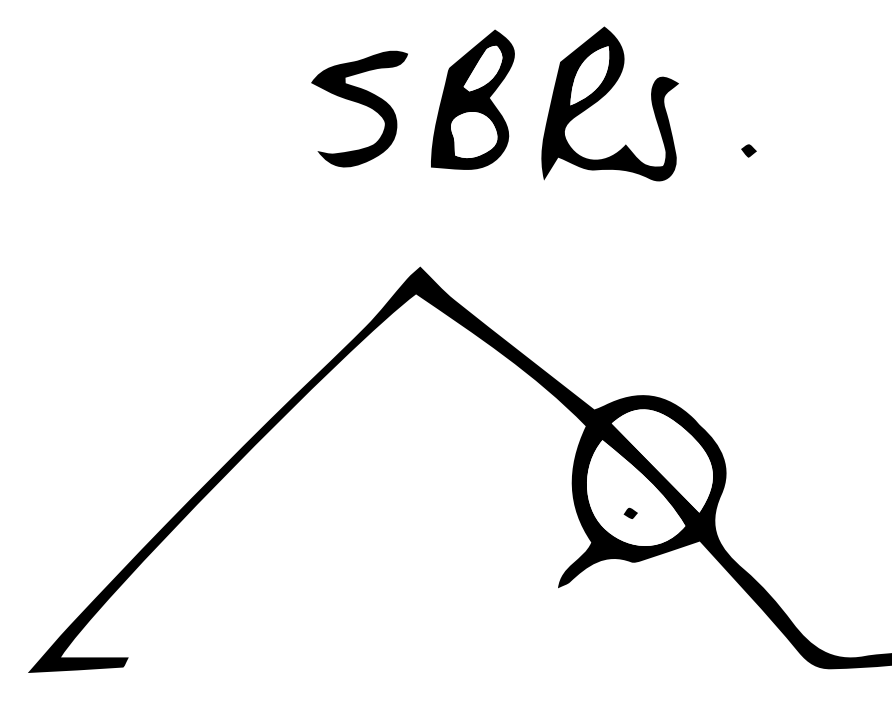
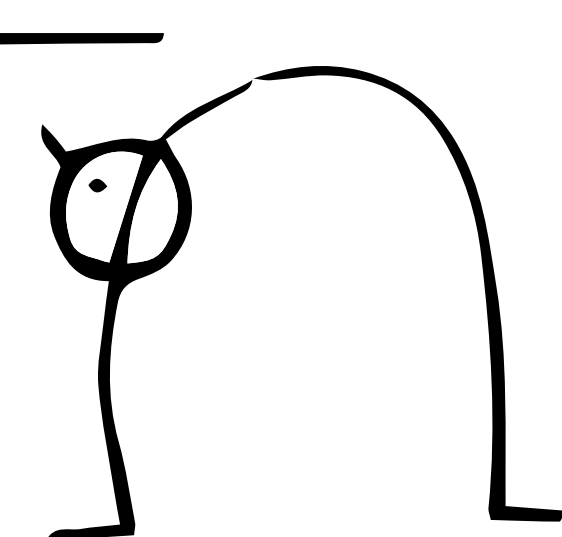
Purvotta Pashu mothanana



Urdhva Dhanurasana prep.

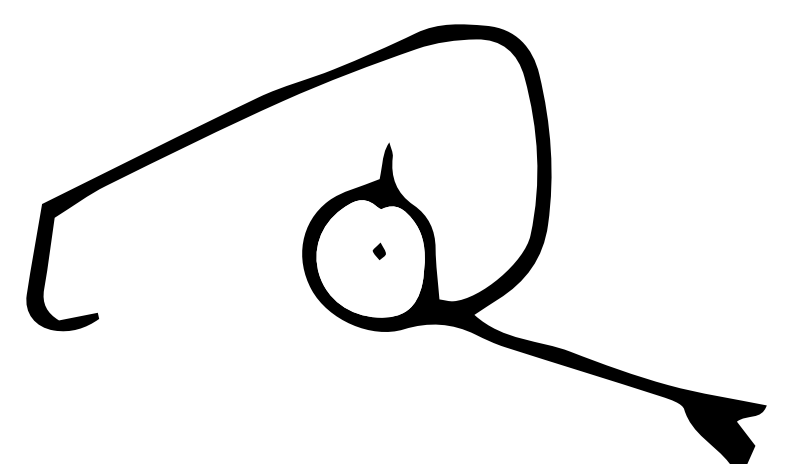


5BRs.

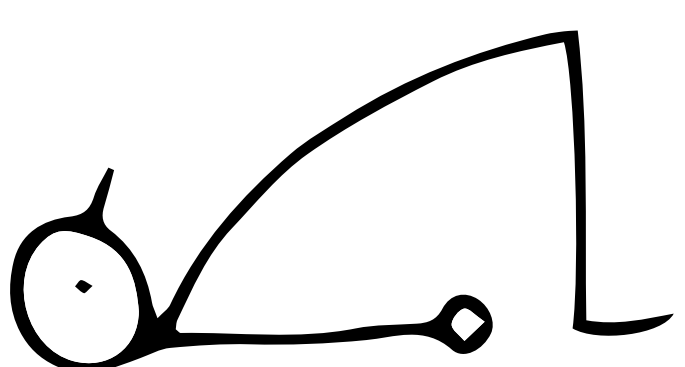


5BRs.

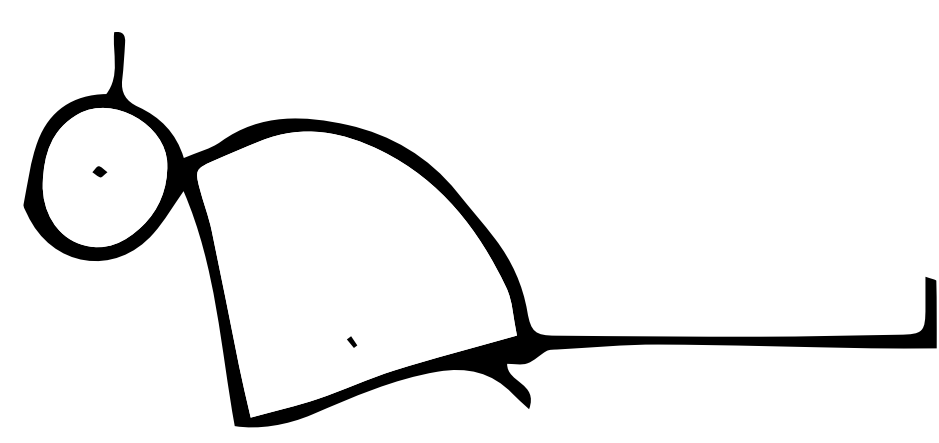
Jump to sit



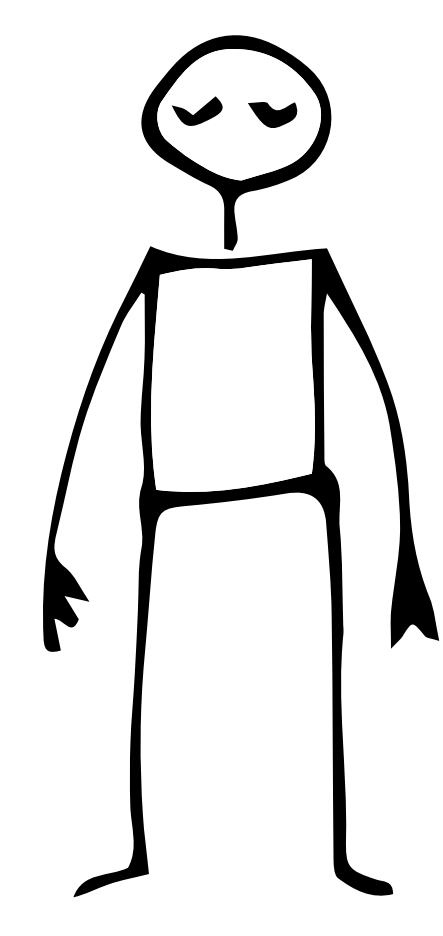
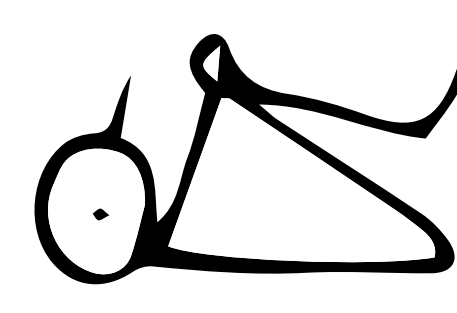
Walk feet left & right.



8BRs.



Fish pose.



Pawanasana